**Healthy Association Policy**

Version Control

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| 09/12/2016 | Draft Version 2 | L. Friske |
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# Rationale:

Living a healthy lifestyle is important to the health and wellbeing of members of the Rockhampton Netball Association.

# Aim:

The Rockhampton Netball Association aims to provide a healthy environment for its members, participants and visitors as well as actively promoting the benefits of a healthy lifestyle.

# Our Commitment:

Where possible, Rockhampton Netball Association will take responsible steps that will address the following health risks:

# Smoking

Rockhampton Netball Association recognises that smoking and passive smoking are hazardous to health. In accordance with the Queensland Government Tabacco and Other Smoking Products Act 1998, from 1 September 2016, smoking is banned within 10 metres of viewing and playing areas at organised under 18 sporting events. The ban also applies during training and at any intervals or breaks in play. We will ensure a smoke free environment by:

* Ensuring all areas of the association’s facilities including the change rooms, offices, canteen, courts and spectator areas and all the association’s functions are smoke free;
* Not selling tobacco products on the premises; and
* Prominently displaying non-smoking signage.

(See Rockhampton Netball Association - Smoke Free Policy)

# Alcohol

Rockhampton Netball Association will promote the responsible adult use of alcohol by:

* Discouraging excessive or rapid consumption of alcohol eg happy hours, drinking competitions;
* Ensuring alcohol is not served to any person who is intoxicated or under the age of 18 years; and
* Banning the consumption of alcohol during junior events and activities.

(See Rockhampton Netball Association - Alcohol Policy)

# Other Drugs

Rockhampton Netball Association discourages the use of medications in respect of injury/recovery that would enable a participant to compete where they would not otherwise have been able.

Therefore, the use of illicit drugs and non-prescription performance enhancing drugs is not permitted by any association members or patrons.

# Sun Protection

Rockhampton Netball Association will take all reasonable steps, where possible, to address sun safe practices by:

* Where possible, scheduling activities outside the hours of 10.00am to 3.00pm;
* Making maximum use of existing shade facilities; and
* Promoting sun safe behaviour to members and visitors.

(See Rockhampton Netball Association - SunSafe Policy)

# Sport Safety

Rockhampton Netball Association encourages all members, including affiliated member clubs, to adopt practices that seek to prevent injury by:

* Encouraging warm-up, stretching and cool-down as an important component of playing and training.
* Promoting the use of protective equipment including suitable clothing and footwear where necessary.
* Providing a safe playing environment, first aid equipment and, where practical, accredited first aiders at training sessions and competition matches.
* Encouraging all players with a prior or current injury to seek professional advice from a sports medicine professional and be fully rehabilitated before returning to play.

# Healthy Eating

Rockhampton Netball Association recognises the importance of good nutrition for sports performance by:

* Where practical when food is provided, healthy alternatives, in accordance with the Dietary Guidelines for Australians, are available.
* Promoting good nutrition and healthy eating messages.

Adult players, coaches and association members are expected to set appropriate examples and act as role models for junior club members.

# Responsibility

All association members, committee members, casual, permanent and contract staff, affiliated member clubs, volunteers, parents and players are responsible for adhering to this policy.

# Evaluation and Review:

This policy will be reviewed by the Management Committee as part of the annual policy review prior to the start of each season.