

PRIMAL Women's Ultimate Club Inc.

Healthy Club Policy



1. Name
 - 1.1. The name of this policy is the PRIMAL Women's Ultimate Club Inc. (PWUC) Healthy Club Policy.
2. Date
 - 2.1. This policy was enacted on 2 March 2008.
3. Revision
 - 3.1. This Policy is to be maintained and reviewed by the Secretary of the PWUC.
4. Responsibilities & Breaches
 - 4.1. Adult players, coaches and club members are expected to set appropriate examples and act as role models for junior club members. The Club will make information available to members and families to promote healthy lifestyles. Breaches of the policy will be addressed through the Club Committee. Anyone wishing to discuss any aspect of this policy is invited to contact any members of the committee on primal@wultimate.com.
5. Smoking
 - 5.1. Club recognises that smoking and passive smoking are hazardous to health. The PWUC will ensure a smoke-free environment by:
 - 5.1.1. Ensuring all areas of the club, including the change rooms, offices, the bar, and all club functions are smoke-free.
 - 5.1.2. Not selling tobacco products on the premises.
 - 5.1.3. Prominently displaying no-smoking signage.
6. Alcohol
 - 6.1. Club will promote the responsible adult use of alcohol by:
 - 6.1.1. Discouraging excessive or rapid consumption of alcohol eg. happy hours, drinking competitions.
 - 6.1.2. Ensuring alcohol is not served to any person who is intoxicated or under the age of 18 years.
 - 6.1.3. Promoting lower pricing on low and non-alcoholic drinks and providing free unbottled water.
 - 6.1.4. Providing responsible server training for paid staff and volunteers who serve alcoholic drinks in our bar.
 - 6.1.5. All playing members shall adhere to the PWUC Drug & Alcohol Policy.
7. Other Drugs
 - 7.1. Club 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.
 - 7.2. The use of illicit drugs and performance enhancing drugs is not permitted by any Club members or patrons as per the PWUC Drug & Alcohol Policy.
 - 7.3. We will adopt and be guided by the Sports Medicine Australia policy on the administration of medications by non-medical personnel.
8. Sun Protection
 - 8.1. Club will take all reasonable steps to address sun safe practices by:
 - 8.1.1. Following the PWUC Hot Weather Policy.
 - 8.1.2. Following The Cancer Council Western Australia guidelines for

SunSmart clothing and hats.

9. Sports Safety

9.1. Club will encourage all members to adopt practices that seek to prevent injury by:

9.1.1. Encouraging warm-up, stretching and cool-down as an important component of playing and training.

9.1.2. Promoting the use of protective equipment including mouthguards, suitable clothing and footwear.

9.1.3. Providing safe playing surfaces, first aid equipment and accredited First Aiders/Sports Trainers at all training sessions and competition matches.

9.1.4. Ensuring adequate public liability and player insurance for all members.

9.1.5. 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.

10. Healthy Eating

10.1. Club recognises the importance of good nutrition for sports performance by:

10.1.1. Ensuring when food is provided, healthy alternatives in accordance with the Dietary Guidelines for Australian Adults are available.

10.1.2. Promoting good nutrition and healthy eating messages.