



SWAN HILLS SWIMMING CLUB

HEALTHY CLUB POLICY

SUN PROTECTION

Swan Hills Swimming Club will take reasonable steps to address sun safe practices by:

- Wherever possible, scheduling activities outside the hours of 10am to 3pm.
- Making maximum use of existing shade facilities and if outside, provide our own shade covering for more protection.
- Follow the Cancer Council of Western Australia guidelines for SunSmart clothing, use of sunscreen and wearing hats.
- Provide sunscreen for participants and officials.
- Display posters and pamphlets for members to read.

SPORT SAFETY

Swan Hills Swimming Club will encourage all members to adopt practices that seek to prevent injury by:

- Encouraging athletes warm-up, stretching and cool-down as an important component of competition and training.
- Provide First Aid equipment and accredited First Aiders/Sports Trainers at all training sessions and competitions.
- Ensure adequate Public Liability and swimmer insurance of all members and officials.
- Encourage all swimmers with a prior or current injury to seek professional advice from a sports medicine professional and be fully rehabilitated before returning to training and competition.

HEALTHY EATING

Swan Hills Swimming Club recognises the importance of good nutrition for sports performance by:

- Ensuring healthy alternatives are provided, in accordance with the Dietary guidelines for Australians.
- Promote good nutrition and healthy eating messages.
- Display nutritional posters and have pamphlets available for members.

SMOKING

Swan Hills Swimming Club recognises that smoking and passive smoking are hazardous to health. We will ensure a smoke free environment by:

- **Ensuring all areas of the club and all club functions are smoke free.**
- **Not selling tobacco products on the premises or at any function.**
- **Prominently display non-smoking signage.**

ALCOHOL

Swan Hills Swimming Club will promote the responsible adult use of alcohol by:

- **Discouraging excessive or rapid consumption of alcohol, e.g. happy hours and drinking competitions.**
- **Ensuring alcohol is not served to any person who is intoxicated or under the age of 18 years.**
- **Provide lower prices on non-alcoholic drinks and bottled water.**

OTHER DRUGS

Swan Hills Swimming 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.

- **The use of illicit drugs and performance enhancing drugs is not permitted by any club member or official.**
- **We will adopt and be guided by the Sports Medicine Australia Policy on the administration of medications by non-medical personnel.**
- **Swan Hills Swimming Club 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 Swan Hills Swimming Club Committee.**
- **Anyone wishing to discuss any aspect of this Club Policy is invited to contact a member of the Committee.**