

HEALTHY CLUB POLICY FOR PERTH COASTAL VOLLEYBALL CLUB INC.

This policy applies to all members, administrators, coaches, players and visitors of Perth Coastal Volleyball Club.

Timing

This policy is effective from 10th April 2008

Smoking

Perth Coastal Volleyball 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, including the change rooms, offices, the bar, and all club functions are smoke-free.

- Not selling tobacco products on the premises.

- Prominently displaying no-smoking signage.

Alcohol

Perth Coastal Volleyball Club will promote the responsible adult use of alcohol by:

- Discouraging excessive or rapid consumption of alcohol eg. happy hours, drinking competitions.

- Encourage a responsible drinking policy in the lead up to competitive events(eg PVL, State Championships)

Other Drugs

Perth Coastal Volleyball 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 members or patrons.

- We will adopt and be guided by the Sports Medicine Australia policy on the administration of medications by non-medical personnel.

Sports Safety

Perth Coastal Volleyball Club will encourage all members 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 knee pads, ankle braces and footwear.

- Providing safe and clean playing surfaces, first aid equipment and accredited First Aiders at all 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.

- Teaching/promoting to junior players correct technique as a form of injury prevention.

- Water is to be provided in individual bottles for participants.

- All members are given opportunity to complete/made aware of seminars, workshops or SMA accredited courses in injury prevention.

Healthy Eating

Perth Coastal Volleyball Club recognises the importance of good nutrition for sports performance by:

Promoting good nutrition and healthy eating messages.

Policy Review

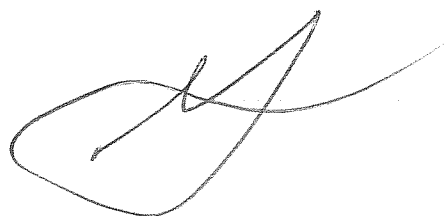
This policy will be reviewed 6 months after its introduction and then on an annual basis thereafter. This will ensure that the policy remains current and practical.

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 club 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.

Thank you for your co-operation.



PCVC President

4 Aug 2008

Date

