

ALCOHOL AND SAFE TRANSPORT POLICY

This policy should be read and carried out by all staff, contractors, volunteers and visitors across the Northern Territory while they are using or providing Athletics Northern Territory services. As the peak sporting body Athletics Northern Territory supports and encourages affiliate clubs to implement their own policies that align with this policy.

Purpose of the Policy

This policy outlines our procedures for a balanced and responsible approach to the supply, consumption and promotion of alcohol at club training, games, special events, functions and other club-related activities. It represents our commitment to its members, volunteers and visitors, and acknowledges the role that sporting clubs play in building strong and healthy communities.

This policy will help to ensure our club:

- Meets its duty of care in relation to the health and safety of our members, volunteers and visitors who attend any club training, games, special events, functions and other activities where alcohol may be consumed.
- Upholds the reputation of our club, our sponsors and our partners.
- Understands the risks associated with alcohol misuse and our role in minimising this risk.

Rationale

Athletics Northern Territory is alcohol free. We do not permit the consumption of alcohol at our events and activities including meetings, after training or games, end of season/presentation functions, sponsors' functions, trivia nights and other fundraising events.

Background

We understand alcohol misuse can lead to unsafe or unacceptable behaviour, drink-driving and other alcohol-related harm.

Alcohol and Driving

Athletics Northern Territory recognises mixing drugs (including prescription medication) with other drugs or alcohol can seriously affect the ability to drive safely. Driving when over the legal blood alcohol limit is illegal and hazardous to individuals and the wider community.

Women tend to reach .05 after drinking less alcohol than men. It is safest not to drink at all if you are going to drive.

The following guidelines are recommended to help you stay under .05:

- Women - no more than one standard drink per hour
- Men - no more than 2 standard drinks in the first hour, and one standard drink every hour after that.

Note: people should be aware of their own limits!

If you are unsure of your ability to drive safely, don't drive! Call a taxi, stay the night, or catch a ride with someone who has not been drinking.

Drinking to Minimise Harm

New guidelines for drinking alcohol were released in 2009. Research identified that alcohol has a significant place in Australian Culture, however a proportion of the population consume alcohol at levels which increase risks of alcohol related harms. These harms cause a burden on the health systems as well as eroding the health of communities, through injury, death and disease. These guidelines are for the Australian population.

Guidelines

Guideline 1: Reducing the risk of alcohol-related over a lifetime.

The lifetime risk of harm from drinking alcohol increases with the amount consumed.

For healthy men or women, drinking no more than two standard drinks on any day reduces the lifetime risk of harm from alcohol related disease or injury.

Guideline 2: Reducing the risk of injury on a single occasion of drinking

On a single occasion of drinking, the risk of alcohol related injury increases with the amount consumed.

For healthy men and women, drinking no more than four standard drinks on any one occasion reduces the risk of alcohol-related injury arising from one occasion.

Guideline 3: Children and young people under 18 years of age

For children and young people less than 18 years of age, not drinking alcohol is the best option.

A: Parents and carers should be advised that children under 15 years of age are at the greatest risk of harm from drinking and that for this age group, not drinking alcohol is particularly important.

B: For young people aged 15-17 years, the safest option is to delay the initiation of drinking as long as possible.

Guideline 4: Pregnancy and breast feeding

Maternal alcohol consumption can harm the developing foetus or breastfeeding baby.

A: For women who are pregnant or planning a pregnancy, not drinking is the safest option.

B: For women who are breastfeeding, not drinking is the safest option.

For further information please contact Phone 1800 131 350

Promoting this Policy

Athletics Northern Territory will:

- Educate members, volunteers and guests about our policy and the benefits of having such a policy.
- Ensure this policy is easily accessible and will promote it via our website.
- Use our social media platforms to actively demonstrate our club position in relation to alcohol and smoke free environments.
- Actively participate in the Alcohol and Drug Foundation's Good Sports program with an ongoing priority to maintain the highest Good Sports accreditation.

Non-Compliance

All board members will uphold this policy and any non-compliance will be handled according to the following process:

- Club members and/or guests should notify the committee of any breaches of this policy (for example, individuals turning up intoxicated or bringing their own alcohol to a club activity).
- Explanation of the policy to the person/people concerned, including identification of the section of policy not being complied with.
- Continued non-compliance with the policy should be handled with discretion as to the action taken, which may include asking the person/ people to leave the facilities or function.

Policy Review

This policy will be reviewed bi-annually to ensure it remains relevant to Athletics Northern Territory operations and reflects both community expectations and legal requirements.

Signature

Signed: _____
Shane Wylie
President – Athletics NT

Date: 16/12/19

Signed: _____
Leanne Chin
Executive Officer – Athletics NT

Date: 16/12/19

Next policy review date is December 2021

ENQUIRIES REGARDING OUR POLICY:

CONTACT: Leanne Chin

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Visit: www.goodsports.com.au for information regarding the Good Sports program.

