

Policy 5. Rowing WA - HEALTHY LIFESTYLES

Adopted at Board meeting 2010

The Health and wellbeing of members and supporters is of primary concern to Rowing WA as the peak body for the sport of rowing in Western Australia. Our commitment is to use our best endeavours to promote, encourage and support health promoting strategies wherever possible and, in particular, to implement the following policy. Affiliated rowing clubs are expected to do the same. This policy applies to all venues, events and activities whilst under the control, authority or management of RWA.

1 Smoke Free Policy

Rowing WA recognises that smoke free environments protect non-smokers from the harmful effects of Environmental Tobacco Smoke (ETS) and contribute to reducing tobacco consumption levels.

Rowing WA will:

- 1.1 adopt and implement a smoke free policy for all training facilities, indoor venues, outdoor venue functions and events under its control and will not sell tobacco products at any Rowing WA event;
- 1.2 ensure affiliated clubs promote their facilities, outdoor viewing and spectator areas, or venues, as smoke free;
- 1.3 ensure no Rowing WA staff, officials or volunteers smoke while taking part in any program under its control; and
- 1.4 use its best endeavours to encourage and support affiliated clubs/associations to either adopt the Rowing WA health policy or develop and implement their own health policy.

2 Food and Catering

Rowing WA understands and recognises the importance of good nutrition and the role it plays in maintaining health. Rowing WA will ensure, where practical:

- 2.1 where food is available at functions and activities conducted by Rowing WA, healthy alternatives are readily offered and promoted;
- 2.2 where drinks are available at functions and activities, alternatives that are readily offered and promoted will include drinks that contain a low or no sugar content;
- 2.3 food and drink vouchers and giveaways will only be given for healthy options.

3 Alcohol Policy

In the interest of health and safety Rowing WA will actively seek to promote, encourage and support strategies to minimise harm from alcohol and other drug use.

Rowing WA will ensure:

- 3.1 Alcohol is served in accordance with the requirements set out in the Liquor Control Act 1988. This includes no alcohol being served to patrons under the age of 18 years or to intoxicated patrons;

- 3.2 tap water is made available where alcohol is served;
- 3.3 lower strength and non-alcoholic beverages are readily available and promoted;
- 3.4 responsible server training is provided for staff and volunteers who serve alcoholic drinks;
- 3.5 the availability of alcohol will be restricted to suitable and appropriate times only as determined by the Board;
- 3.6 drinks are served in standard size drink portions;
- 3.7 responsible alcohol use is actively promoted and safe transport options are encouraged and promoted at events where alcohol is available;
- 3.8 the irresponsible use of alcohol is not glamorised or promoted; and
- 3.9 participants known to be under the influence of alcohol are not permitted to participate in activities or events.

4 Maintaining Mental Health

Rowing WA will use its best endeavours to:

- 4.1 support strategies that provide opportunities for staff, members and participants to be mentally, physically and socially active;
- 4.2 where practical encourage staff, members and participants to become a volunteer for the organisation, to set personal goals for achievements in the activities of the organisation and to be more broadly involved in other community events and environments;
- 4.3 where possible reduce or remove economic or social barriers to participation; and
- 4.4 encourage staff, members and volunteers to treat all groups in the organisation and the community with respect, equality and openness.

5 Sun Protection

Rowing WA recognises that exposure to ultraviolet (UV) radiation has negative health effects and will therefore introduce measures to minimise exposure.

Rowing WA will:

- 5.1 strongly recommend and support sun safe practices for all activities;
- 5.2 where practical ensure shade is utilised to protect participants and spectators;
- 5.3 encourage staff and members representing the organisation to act as positive role models by adopting sun protection behaviours such as wearing long sleeved shirts, broad brim hats, extra length shorts, sunglasses and applying sunscreen; and
- 5.4 encourage the use of sunscreen (SPF 30+, broad spectrum water resistant) to all participants and spectators.

6 Injury Prevention

Rowing WA is committed to improving the health of its members through safe participation in sport and physical activity. Rowing WA will:

- 6.1 ensure all events and activities are conducted in accordance with the Rules and risk management plans as relevant to each such event and activity;
- 6.2 ensure members, coaches and officiating personnel are given the opportunity to attend approved training and accreditation courses in sports injury prevention and treatment;
- 6.3 where practical ensure an appropriately qualified and equipped first aid person is in attendance at all authorised training and competition sessions as deemed relevant;
- 6.4 ensure appropriate first aid equipment is made available at all training and competition sessions; and
- 6.5 encourage correct fluid replacement practices at all training and competition sessions.

7 Safe Drug Use Practices

The health and safety of all participants is Rowing WA's primary concern. Rowing WA will actively seek to promote, encourage and support strategies to prevent or reduce harm from drug use for all participants at all levels (local, regional, state and national).

Rowing WA will:

- 7.1 adopt and be guided by the Sports Medicine Australia policy on the administration of medications by non-medical personnel;
- 7.2 educate participants through the delivery of drugs in sport information at courses conducted by Rowing WA.

8 Misuse of Drugs or Substances

Rowing WA will:

- 8.1 adopt and abide by the Rowing Australia Doping Policy;
- 8.2 provide appropriate education for members as to the potential harm of using prohibited or banned substances;
- 8.3 ban the use of illegal or performance enhancing drugs at all Rowing WA activities.

9 Other

Rowing WA will:

- 9.1 ensure elite athletes act as appropriate role models for junior participants;
- 9.2 review this health policy annually; and
- 9.3 ensure breaches of the policy are addressed through Rowing WA management.

Ends.