

# MANDURAH SURF LIFE SAVING CLUB INC

## Healthy Club Policy for 2008

For many years the Surf Life Saving movement has been synonymous with promoting “Healthy Active Life Styles”. The Mandurah Surf Life Saving Club (MHSLSC) also actively promotes a “Healthy Club” culture.

As the Club is a new entity and is still in the early stages of development, there is no Club House to-date. However, it is hoped that a building will be provided by Council for the 2006/2007 season. As a Club the health and safety of all our members is paramount. Therefore, we actively promote, encourage, educate, and put strategies in place to help reduce or prevent injury or harm to our members. We do this by adopting the following guidelines and policies.

### **1. Smoke Free Environment**

MHSLSC recognizes that smoking and passive smoking are hazardous to health. Smoke free environments protect non-smokers from the harmful effects of Environmental Tobacco Smoke and contribute to reducing tobacco consumption levels, and therefore MHSLSC will:

- Promote a smoke free environment at all venues, functions, and events under MHSLSC control.
- Ensure the club promotes and educates its venues and activities as smoke free.
- Ensure all members do not smoke while taking part in club activities.
- Display signage where possible.
- Provide education on the negative effects of smoking.

### **2. Sun Protection**

MHSLSC recognizes the damage and harmful effects to health caused by exposure to Ultra Violet (UV) rays and will therefore:

- Continue to promote and educate members on the harmful effects of UV exposure.
- Advise and educate members to wear appropriate sun protection to help prevent sun damage.
- Patrolling lifesavers are to adopt Surf Life Saving WA (SLSWA) uniform policy which promotes sun protection.
- Provide shade and utilise natural shade for members, whenever possible.
- Provide sunscreen (SPF 30+, broad spectrum, water resistant) for members and spectators and encourage these parties to bring their own.
- Where possible conduct club activities outside the hours of 10.00am and 3.00pm.
- Display signage where possible.
- We have introduced wide brim sun hats as an additional choice for members.
- Encourage coaches and patrol members to adopt SunSmart practices and be a role model to other members.
- Where possible, provide a health professional to conduct free skin checks to club members and/or encourage members to seek annual skin checks.

### 3. Sports Safety and Injury Prevention

As an affiliated club of Surf Life Saving Australia (SLSA), and SLSWA, MHSLSC is guided by all the policies, regulations and codes of practices as deemed by both above governing bodies, therefore MHSLSC will:

- Adopt all SLSA and SLSWA policies in relation to sports safety and injury prevention.
- Promote and educate its members in safe work practices.
- As part of our registration process, all new and existing members are to disclose any medical conditions.
- Ensure appropriate medical/first aid equipment is available during club activities, in accordance with our operational contract with SLSWA.
- Advise, educate and maintain all procedures as stated in SLSA and SLSWA policies and guidelines.
- Ensure correct protective equipment is used where required.
- Ensure correct storage of equipment, fuels and chemicals.
- Conduct and attend regular sports injury prevention and other relevant accredited courses for members.
- Ensure only suitably qualified members utilise equipment and instruct members.
- Educate and promote safe sport practices by conducting warm up/down sessions before and after club activities.
- Ensure water is available during all club activities.
- Promote Sports Medicine Australia's policies and guidelines on blood and infectious diseases, pregnancy, sports participation and children in sports, where appropriate, in line with SLSA/SLSWA policies.
- Adopt and promote an extreme environmental conditions policy ie heat, lightning, cold, wind and beach/ocean conditions, when conducting club activities.

### 4. Alcohol and Other Drugs

MHSLSC identifies that alcohol and the misuse of drugs is an enormous health hazard and is frequently a factor in road accidents, rescues and drowning, and diseases, therefore MHSLSC will:

- Encourage patrolling lifesavers and instructors not to consume alcohol the night before a patrol or training.
- Promote and educate members in the harmful affects of alcohol and prohibited drug substances advising on the health and safety risks involved.
- Prohibited drug substances are banned at or during any club activity.
- Alcohol consumption by adult members will be discouraged particularly where young members are involved.
- Active promotion of responsible alcohol consumption will occur.
- Promote responsible and safe drug practices when medications from the first aid kit are used in accordance with their directions by a suitably qualified member.
- Abide by SLSA an SLSWA doping policies.
- Not allow members under the influence of alcohol or prohibited drugs to participate in beach activities or patrols to prevent harm to themselves and others.
- Ensure members with medical conditions requiring the use of drugs that are banned or restricted, must provide professional notification to the club on registration.

- Water and non-alcoholic drinks will be provided at all club functions.
- Ensure all relevant members have undertaken a course for responsible service of alcohol.
- Invite guest speakers and provide literature on alcohol and drug abuse for members.
- Create links on club web page for further information and resources in relation to topics with MSLSC Healthy Club Policy.
- Ensure that medications are administered correctly according to their directions.
- Ensure only suitably qualified members administer medications and follow all outlined guidelines and policies.

## 5. Healthy Eating

MHSLSC understands the importance of good nutrition and the role it plays in maintaining good health and promoting good sports performance and will:

- Educate and promote information on good nutrition for general wellbeing and for sports performance.
- Ensure that where food is available at functions and club activities, healthy options and alternatives are available.
- Ensure that the club and relevant members abide by all health and hygiene laws when preparing and handling food products.
- Promote healthy eating and lifestyle through role models, education, marketing, and promotions.
- Display signage where possible.
- Promote and provide access to Food Safe Handling programs.
- Promote and provide Healthy Breakfast carnival days for members.

## 6. Extra

During carnivals and club functions, we promote our Healthy Club Policy and the topics outlined, by asking questions relating to our club policy and that specific topic. We then provide prizes for the correct answers to members in the form of items relating to these topics, ie hats, water bottles, ice packs, sunscreen, t-shirts and rashies, etc.

