



## **HEALTHY CLUB POLICY**

### **For Tingara Netball Club**

#### **INJURY PREVENTION**

Tingara Netball Club (TNC) recognises that participation in regular physical activity has important health and social benefits. TNC will actively seek to encourage safe participation in all training and competition sessions. TNC will:

- Conduct warm up, cool down and stretching routines at all training and match sessions.
- Provide literature and advice on injury prevention and management.
- Encourage umpires, coaches, officials and parents to be aware of their roles and responsibilities.
- Promote participation in accredited courses for both coaches and umpires.
- Provide first aid kits to all teams.
- Supply goalpost protectors for all training sessions.
- Encourage appropriate fluid replacement practices at all training and competition sessions. Athletes to provide their own water bottle. TNC to supply drink bottle carriers.
- Ensure there is adequate player insurance.

#### **SUN PROTECTION**

TNC will promote safe sun practices by:

- Encourage the use of SPF30+ sunscreen for all athletes, umpires, coaches and spectators.
- TNC will supply each team with one bottle of SPF30+ sunscreen.
- Recommend safe sun practice for all outdoor activities.

#### **SMOKING**

TNC recognises the harmful effects of smoking and passive smoking and promotes a smoke free environment by:

- No promotions or cigarette advertising will be adopted by the club.
- Implement a smoke free policy for all indoor and outdoor areas under control of TNC.
- TNC will not benefit from any arrangements with the tobacco industry.

#### **DRUGS and ALCOHOL**

The safety of all athletes is our primary concern. TNC will

- Actively discourage the use alcohol, illicit drugs and performance enhancing drugs.
- Discourage the use of unnecessary medications during injury that would enable a player to compete when they would not otherwise be able to do so.
- Deny a player from taking the court during competition or training if they appear to be under the influence of alcohol or illicit drugs.

#### **OTHER**

TNC will

- Review its health policy annually.
- Address any breaches through its Committee.
- Abide by all the policies of Fremantle Netball Association during Saturday competition.