



SDJFC SPORT SAFETY AND HEALTHY CLUB POLICY

The following Sorrento Duncraig Junior Football Club (SDJFC) Healthy Club and Sport Safety policies are based on the Healthways suggestions for healthy club management. They are intended as a guide to be used in conjunction with existing club and league policies.

HEALTHY CLUB POLICY

Smoking

The 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

SDJFC will promote the responsible adult use of alcohol by:

- Discouraging excessive or rapid consumption of alcohol eg. drinking competitions.
- Ensure that alcohol is sold or permitted to be consumed in appropriate circumstances in line with the club ethos.
- Ensuring alcohol is not served to any person who is intoxicated or under the age of 18 years.

Other Drugs

SDCJFC 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.
- SDJFC will be guided by the Sports Medicine Australia policy on the administration of medications by non-medical personnel (to be attached).

Sun Protection

SDJFC will take all reasonable steps to address sun safe practices by:

- Providing or selling sunscreen to members and participants.
- Encouraging the use of sunscreen during training and matches.

Insurance

SDJFC will ensure adequate public liability and player insurance for all members. To determine the appropriate level of insurance required the club will maintain records of injuries to players including the nature, severity, treatment required and financial burden incurred.

Healthy Eating

SDJFC recognises the importance of good nutrition for sports performance by:

- Ensuring when food is provided, healthy alternatives in accordance with the Dietary Guidelines for Australian Adults are available.
- Promoting good nutrition and healthy eating messages.

Behavior/ Roll models

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. Safety of all athletes is the clubs primary concern.

SPORTS SAFETY POLICIES

SDJFC 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 such as, mouthguards, suitable clothing and footwear.
- Ensure safe playing fields and surfaces through pre match inspections, with records maintained by the club. All playing field safety concerns are to be reported promptly to the club safety coordinator.
- Where possible all coaches are to attend coaching clinics during the season.
- All players are to have their own water bottle for both training and matches.
- Provide first aid equipment including a medical kit and stretcher to be located at each ground.
- Nominate team a first aid person for competition matches, and where possible during training.
- Encourage the team first aid person to attend club medical training.
- In the event of serious injury i.e. unconscious player, or broken lower limb, the play is to stop and an ambulance is to be called in preference to the first aid person moving the player.
- Each ground will have an emergency action plan detailing the procedures for efficiently guiding emergency vehicles to the venue and through gates to an injured player.
- 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.

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