



**Healthy Club Policy
Hilton Park Junior Cricket Club
(Annual Review 26th September 2019)**

Smoking

The Hilton Park Junior Cricket Club (HPJCC) recognises that smoking and passive smoking are hazardous to health. We will ensure a smoke-free environment by:

- Ensuring that all club activities are conducted in smoke free venues.
- By not selling or endorsing tobacco products at any club matches or functions.
- By prominently displaying no-smoking signage.
- By promoting the QUIT program and requesting that any adults who do smoke do not so at club activities.

Alcohol Management

The HPJCC will actively promote the responsible adult use of alcohol by:

- Responsible Service of Alcohol: Discouraging excessive or rapid consumption of alcohol at any club functions and encouragement of safe transport alternatives.
- Ensuring that alcohol is not served or provided to any person who is intoxicated or under the age of 18 years.
- Observance of all local by-laws.
- Members to be reminded they are representing their club at all times.

Other Drugs

The HPJCC discourages the use of medications in respect of injury/recovery that would enable a player to play where they would not otherwise have been able.

- The use of illicit drugs and performance enhancing drugs is not permitted by any HPJCC members, parents, or patrons.¹
- The HPJCC will adopt and be guided by the Sports Medicine Australia policy on the administration of medications by non-medical personnel.

Sun Protection

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

- Ensuring adequate shade is provided.
- Providing sunscreen and ensuring that all players use it before taking the field.
- Ensuring all players wear wide brim hat and enforcing the rule – no hat, no play.

¹ Reviewed October, 2018



- Following the Cancer Council of Western Australia guidelines for Sunsmart clothing and hats by ensuring that all players wear long trousers, long sleeves and wide brimmed hats.

Sports Safety

The HPJCC will encourage players to adopt practices that seek to prevent injury by:

- Encouraging warm-up, stretching and cool-down as an important component of playing and training.
- Ensuring that all players use protective equipment including pads, protectors, gloves and helmets are worn.
- Providing safe playing surfaces, first aid equipment and accredited First Aiders/Sport Trainers at all training sessions and matches.
- Ensuring that the club has adequate public liable and player insurance.
- Encouraging all players with a prior or current injury to seek professional advice from a relevant health professional and be fully recovered before returning to play.

Healthy Eating

The HPJCC recognises the importance of good nutrition for sports performance by:

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

All players, coaches, parents and others are expected to set appropriate examples and act accordingly.

HPJCC will make information available to players and their parents to promote healthy lifestyles.

Breaches of the Club's healthy policy will be addressed through the Club Committees.

The Club Health Policy will be reviewed on an annual basis and prior to the commencement of the season, which is usually October.

We are a Good Sports club



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