



## **HEALTHY CLUB POLICY FOR WEMBLEY DOWNS TENNIS CLUB INC. (WDTC)**

Wembley Downs Tennis Club is committed to facilitating a healthy environment to encourage the safe participation in tennis and tennis related activities within its premises.

### **Smoking**

WDTC 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**

WDTC will promote the responsible adult use of alcohol by:

- Discouraging excessive or rapid consumption of alcohol eg. happy hours, drinking competitions.
- Ensuring alcohol is not served to any person who is intoxicated or under the age of 18 years.
- Promoting lower pricing on low and non-alcoholic drinks and providing free unbottled water.
- Providing responsible server training for paid staff and volunteers who serve alcoholic drinks in our bar.
- Providing food every Saturday and Sunday afternoons after tennis and whenever the Club runs a competition.

### **Other Drugs**

WDTC 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.
- We will adopt and be guided by the Sports Medicine Australia policy on the administration of medications by non-medical personnel.

### **Sun Protection**

WDTC recognizes the harmful and negative effects of the sun and ultraviolet radiation and will take all reasonable steps to address sun safe practices by:

- Scheduling activities outside the hours of 10am to 2pm whenever possible.
- Ensuring adequate shade is provided for spectators and players who are rostered off.
- Following The Cancer Council Western Australia guidelines for SunSmart clothing and hats.
- Providing sunscreen to members and participants.
- Employing a "no hat, no play" policy for junior participants.

## **Sports Safety**

WDTC 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.
- Encouraging correct fluid replacement and hydration by providing free drinking water.
- Discourage the practice of sharing water bottles.
- Promoting the use of suitable clothing and footwear.
- Providing safe playing surfaces AND first aid equipment at all training sessions and competition matches.
- Ensuring adequate public liability and player insurance for all members.
- Suspending play when the temperature reaches 38 degrees centigrade in the shade.
- Encouraging all players with a prior or current injury to seek professional advice from a medical doctor and or sports medicine professional and be fully rehabilitated before returning to play.
- Comply with the latest COVID-19 recommendations made by the West Australian Government.

## **Healthy Eating**

WDTC 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 whenever possible.
- Promoting good nutrition and healthy eating messages.
- Providing adequate drinking facilities for all players and spectators.

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 this policy will be addressed through Management.

Anyone wishing to discuss any aspect of this policy is invited to contact any member of Management.

Thank you for your co-operation.



Janet Paterson  
President  
25 August 2020

This policy was last updated on 25 August 2020

Next Policy review – 1 September 2021