



## Healthy Club Policy for the TRIGG JUNIOR BOARDRIDERS CLUB

### 1. Smoking

The **Trigg Junior Boardriders Club** recognises that smoking and passive smoking are hazardous to health. We will ensure a smoke free environment by:

- ✍ Ensuring all club competitions and club functions are smoke free; and,
- ✍ Prominently displaying non-smoking signage.

### 2. Alcohol

The **Trigg Junior Boardriders Club** will promote the responsible adult use of alcohol at Club social occasions by:

- ✍ Discouraging excessive or rapid consumption of alcohol eg drinking competitions;
- ✍ Ensuring alcohol is not provided to any person who is intoxicated or under the age of 18 years; and,
- ✍ Discourage member's parents from drink driving.

### 3. Other Drugs

The use of illicit drugs and performance enhancing drugs is not permitted by any **Trigg Junior Boardriders Club** member or patron.

### 4. Sun Protection

The **Trigg Junior Boardriders Club** will take all reasonable steps to address sun safe practices by, where possible:

- ✍ Making maximum usage of existing shade facilities;
- ✍ Providing shade facilities at Club competitions and functions; and,
- ✍ Following the Cancer Foundation of Western Australia guidelines for SunSmart clothing, use of sunscreen and wearing of hats.



## 5. Sport Safety

The **Trigg Junior Boardriders Club** will encourage all members to adopt practices that seek to prevent injury by:

- ✍ Promoting the use of protective equipment including wetsuits, footwear, headwear and appropriate clothing;
- ✍ Providing first aid equipment and accredited First Aiders/Sports Trainers at all training sessions and competitions; and,
- ✍ Ensuring adequate public liability and player insurance of all members.

## 6. Healthy Food Choices

The **Trigg Junior Boardriders Club** recognises the importance of good nutrition for sports performance by:

- ✍ Providing adequate information on good nutrition and sports performance; and,
- ✍ Ensuring when food and drink is provided, healthy alternatives are available.

Parents, coaches and older 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.

Anyone wishing to discuss any aspect of this policy is invited to contact any members of the committee. Thank you for your co-operation.

**Kevin Bancroft**  
**PRESIDENT**

**Date 4 February 2004**

