

# Health Policy

## 1. Purpose

The purpose of this Policy is to state the position of WASF regarding public health matters that may impact the operations of WASF and relationships with stakeholders.

## 2. Scope

This Policy outlines WASF's position relating to:

- (a) personal health
- (b) tobacco;
- (c) alcohol and other drugs;
- (d) sun protection;
- (e) food and catering – healthy food choices; and
- (f) sport safe behaviour.

## 3. Policy

### 3.1 Personal Health

- 3.1.1 WASF recognises that the creation of a positive environment that encourages and supports involvement will have a positive effect on the mental health and well-being of individuals and the community.
- 3.1.2 WASF will promote and support positive mental health in individuals and the community through strategies which:
  - (a) encourage its members, participants, volunteers and organisers to treat everyone with respect, equity and openness;
  - (b) encourage individuals to be mentally, physically and socially active;
  - (c) encourage individuals to join and actively participate in WASF activities and those of member organisations;
  - (d) encourage individuals to become a volunteer and to be more broadly involved in community activities; and
  - (e) try to reduce or remove economic or social barriers to participation in WASF activities.

### 3.2 Tobacco

- 3.2.1 WASF recognises and acknowledges that smoke-free environments protect non-smokers from the effects of tobacco smoke, and contribute to reducing tobacco consumption levels.
- 3.2.2 WASF will encourage quitting attempts and discourage the uptake of smoking, particularly by young people.
- 3.2.3 WASF endorses and will comply with State Anti-Tobacco policies and laws.
- 3.2.4 WASF will not seek or accept sponsorship or other assistance from manufacturers, marketers, or distributors of tobacco products.

- 3.2.5 Any person, either employed by or representing WASF, will refrain from smoking while acting in an official capacity.
- 3.2.6 WASF does not sell tobacco products, and the sale of tobacco products on premises under the control of WASF is banned.
- 3.2.7 All indoor areas and functions under WASF's control will be smoke-free.
- 3.2.8 WASF will advocate that all social functions conducted by Sport (including junior events, competitions, dinners, fundraising events and meetings) are smoke free.
- 3.2.9 WASF will advocate that all sport coaches, trainers, volunteers and officials refrain from smoking while acting in an official capacity.
- 3.2.10 WASF will advocate that smoke free behaviour is incorporated into the code of behaviour for Sport coaches, administrators and participants.
- 3.2.11 WASF will advocate that tobacco products are not sold (including from vending machines) in venues under Sport control.
- 3.2.12 WASF will advocate that clearly identified competition areas, competitor and official staging and/or marshalling areas and spectator areas that fall under the control of Sport are smoke free.
- 3.2.13 WASF will promote this SmokeFree policy to all associations and clubs affiliated to WASF.
- 3.2.14 WASF will promote the SmokeFree message in the WASF eNewsletter, website, and by any other means as appropriate.

### **3.3 Alcohol and Other Drugs**

- 3.3.1 WASF is committed to ensuring responsible service of alcohol and supporting and promoting strategies to minimise harm from alcohol use.
- 3.3.2 WASF will ensure compliance with all relevant policy guidelines constructed by the WA Director of Liquor Licensing.
- 3.3.3 WASF is committed to supporting and promoting strategies to prevent drug use and to reduce the risk of harm associated with drug use.
- 3.3.4 WASF endorses and complies with State and Federal Anti-Doping policies and laws.
- 3.3.5 WASF supports the circulation of educational material on the potential harm of using prohibited substances.
- 3.3.6 WASF supports the prohibition of illicit and performance-enhancing drugs in sport.
- 3.3.7 At all events and functions under its control, WASF will promote and encourage safe and responsible consumption of alcoholic beverages. This includes free water, access to low strength beverages, not serving to minors or those intoxicated and not using alcohol as prizes.

### **3.4 Sun Protection**

- 3.4.1 WASF recognises and acknowledges that exposure to excessive ultraviolet radiation has negative health effects and will support sun safe practices and promote measures to minimise such exposure.
- 3.4.2 At all events where this is applicable and functions conducted by WASF, all staff, officials, volunteers and associated persons, and all members and participants are encouraged to adopt applicable sun protection behaviour.

### 3.5 Food and Catering - Healthy Food Choices

- 3.5.1 WASF understands and recognises the importance of good nutrition and the role it plays in the maintenance of good health and wellbeing.
- 3.5.2 WASF recognises that the provision of healthy food choices encourages healthy eating and helps to prevent ill health.
- 3.5.3 WASF promotes and encourages the provision of appropriate information on good nutrition for sports performance.
- 3.5.4 WASF promotes and encourages the provision of appropriate information on safe food handling practices.
- 3.5.5 WASF discourages the provision of prizes promoting unhealthy eating.
- 3.5.6 WASF advocates to members not to provide unhealthy food as prizes.
- 3.5.7 At all official events and functions conducted by WASF where food is offered or provided, WASF will ensure that healthy food choices are provided.

### 3.6 Sport Safe Behaviour

WASF recognises and acknowledges the principle of safe participation in all physical activities, including all sport and active recreation.

## 4 Implementation

Effective from 9 June 2008.

## 5 Communication Strategy

This Policy, or information derived from this Policy should be communicated using the following strategies:

Stakeholder	Strategy
Staff	Staff Meeting /Copy of Policy/ Employee induction/ Website
Board Members	Inclusion in induction materials
Other Organisations and Stakeholders	Website

## 6 Revision History

Version	Date Approved	Amendments	Next Review Date
01	9 June 2008	Reformatted Policy with various amendments as approved by the Board	June 2009
02	24 August 2009 B33.09	Reviewed and updated	August 2010