



MASTERS
SWIMMING
Western Australia

Masters Swimming WA HEALTH POLICY

Tobacco Policy

Masters Swimming WA recognises that smoke free environments protect non-smokers from the harmful effects of tobacco smoke and contribute to reducing tobacco consumption levels.

- All events and associated venues will be 100% smoke free;
- All official functions (including dinners, receptions, presentations, fundraising events, meetings, and social occasions) will be 100% smoke free;
- All outdoor seating and other viewing areas under the control of the sponsored organisation will be smoke free;
- Tobacco products will not be sold by Masters Swimming WA;
- Any person, either employed by or representing Masters Swimming WA in any capacity will not smoke or be seen carrying tobacco products whilst acting in an official capacity;
- Masters Swimming WA (whether directly or through a third party) will not receive money, other benefits or have arrangements with the tobacco industry (including sales, promotion or distribution of tobacco products); and
- Masters Swimming WA will encourage and support staff and members to quit smoking.

Food and Catering Policy

Masters Swimming WA understands and recognises the importance of good nutrition and the role it plays in the maintenance of good health and well being. Masters Swimming WA also recognises that the provision of healthy food choices encourages healthy eating and helps to prevent ill health.

- Masters Swimming WA will increase the range and availability of healthy food and drink options available at events and at premises under Masters Swimming WA's control;
- Food and beverage vouchers and giveaways will only be given for healthy options; and
- Masters Swimming WA will only support fundraising activities involving food or drink items that meet Masters Swimming WA's food and catering policy guidelines.

Functions and activities

- Where food is available, healthy alternatives will be offered. This includes the provision of foods low in fat, sugar and salt and foods that are high in fibre with a substantial fruit and vegetable content;

- Where drinks are available, healthier alternatives will be readily offered. This includes drinks with low/no sugar content; and
- Water will always be provided free of charge.

Food outlets

- Where food and drinks are provided 'on site' by providers contracted by Masters Swimming WA:
 - Compliance with the policy will be a condition of any new food supply or catering contract and related leases;
 - Compliance with the policy will be included in any contracts or related leases renegotiated or renewed; and
 - Existing contractors should be informed of the new policy and encouraged to comply.

Alcohol Policy

Masters Swimming WA is committed to ensuring responsible service of alcohol and supporting and promoting strategies to minimise harm from alcohol use. Masters Swimming WA will ensure compliance with all relevant policy guidelines constructed by the WA Director of Liquor Licensing.

- Any person known to be intoxicated will not be permitted to participate or perform in Masters Swimming WA's activities;
- The irresponsible use of alcohol will not be glamorised or promoted and there will be no external advertising of the availability of alcohol e.g. promotional signage, tickets.
- Where alcohol is available:
 - Lower strength and non-alcoholic beverages will be available and promoted;
 - Alcohol will be served in accordance with the requirements set out in the Liquor Control Act 1988. This includes no alcohol being served to patrons under the age of 18 years or to intoxicated patrons;
 - Excessive and/or rapid consumption of alcohol will be discouraged e.g. no happy hours and drinking competitions;
 - Food and tap water will be made available;
 - The availability of alcohol will be restricted to suitable and appropriate times e.g. a launch or post event function;
 - Drinks will be served in standard size drink portions and plastic containers will be encouraged at events, particularly outdoor events;
 - Responsible alcohol use will be actively promoted and safe transport options for patrons will be encouraged and promoted at events where alcohol is available.

Mentally Healthy Policy

Masters Swimming WA 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.

- Masters Swimming WA will support opportunities for staff, audiences and participants to be mentally, physically and socially active;
- Staff, audiences and participants will be encouraged to join and actively participate in the activities of Masters Swimming WA and those of partner organisations;
- Staff, audiences and participants will be encouraged to become volunteers, to set personal goals for achievement in the activities of Masters Swimming WA and to be more broadly involved in other community events and environments;

- Masters Swimming WA will try to reduce or remove economic or social barriers to participation;
- Staff, volunteers and participants will be encouraged to treat all individuals and groups with respect, equality and openness; and
- Masters Swimming WA will proactively address instances of bad practice and proactively reward instances of good practice.

Physical Activity Policy

Masters Swimming WA recognises that participation in regular physical activity has important health and social benefits and is committed to encouraging safe physical activity participation for its staff, members, participants, volunteers and spectators.

- Members/employees will be encouraged to make active choices (e.g. walking, cycling or taking public transport all or part of the way to the venue, using the stairs instead of the lift) through the use of promotional and motivational resources;
- Masters Swimming WA will integrate opportunities for physical activity into organised events and functions; and
- Masters Swimming WA will provide some flexibility in working hours so that members and staff may integrate exercise into their daily routine.

Sun Protection Policy

Masters Swimming WA recognises that exposure to ultraviolet (UV) radiation has potential negative health effects and will therefore support sun safe practices and introduce measures to minimise exposure.

- Where possible, outdoor activities will be conducted before 10.00am or after 3.00pm to avoid peak UV times;
- Shade (natural, built or temporary) will be available to protect participants and spectators where possible. When permanent shade is not available, Masters Swimming WA will supply and erect portable shade structures where possible;
- Staff and members representing Masters Swimming WA will always act as positive role models by adopting sun protection behaviours such as wearing hats, long sleeved shirts, extra length shorts, sunglasses and sunscreen;
- All uniforms and clothing provided for club members will comply with the design and fabric standards recommended by The Cancer Council WA; and
- Sunscreen (SPF 30+, broad spectrum water resistant) will be made available to participants and spectators. However, when this is not possible these parties will be encouraged to bring their own.

Injury Prevention Policy

Masters Swimming WA recognises that an unsafe environment has the potential to negatively impact on the health and well-being of individuals and the community and will therefore introduce measures to prevent injury and promote safety.

- Members, staff and officials will be given the opportunity to attend approved training and accreditation courses in injury prevention and treatment;
- An appropriately qualified first aid person will be in attendance at all training and competition sessions;

- Appropriate first aid equipment will be made available at all training and competition sessions;
- Correct fluid replacement practices will be implemented at all training and competition sessions;
- Consideration will be given to the environmental conditions (heat, cold, playing and surface conditions) when conducting training and competition sessions. Where appropriate, separate policies covering the conduct of events/participating in adverse weather conditions, should be developed;
- Sports Medicine Australia's policies and guidelines on blood and infectious diseases, pregnancy and sports participation, and children in sport will be adopted where appropriate;
- Warm up, stretch and cool down routines will be conducted at all training and competition sessions; and
- New members will complete a pre-participation medical assessment form and highlight any medical condition.

Drugs Policy

Masters Swimming WA is committed to supporting and promoting strategies to prevent drug use and to reduce the risk of harm associated with drug use.

- Participants known to have consumed illicit drugs will not be permitted to participate or perform;
- The use of illicit and performance enhancing drugs will not be allowed at any activities or events, or in any areas under the control of Masters Swimming WA;
- Masters Swimming WA will ensure that any intoxicated patrons are not allowed entry to the premises nor will they be able to remain on the premises if they have already been admitted. However, Masters Swimming WA has a duty of care to the patron's health, safety and wellbeing and, as such, intoxicated patrons will be safely removed e.g. by providing the patron with water and seeking medical attention if required.

Other

All staff and volunteers representing Masters Swimming WA will be made aware of the health policy. Any breaches will be addressed through management.

This health policy applies to all activities under the control of Masters Swimming WA and will extend to representatives of Western Australia who travel outside the State.

Masters Swimming WA will actively encourage and support affiliated clubs ~~and associations~~ in the metropolitan and regional areas to either adopt the Masters Swimming WA health policy or develop and implement their own suitable policies.

All Masters Swimming WA health policies referred to in this document will be made publicly available to all staff, members and participants on the Masters Swimming WA website www.mswa.asn.au .

This policy will be reviewed annually.

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PRESIDENT

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EXECUTIVE OFFICER

This policy was approved 22 November 2009.