

**TRIATHLON WESTERN AUSTRALIA
HEALTH POLICY**



POLICY NAME:	HEALTH AND SAFE SPORT POLICY
POLICY AREA:	BOARD CHARTER
DATE APPROVED:	NOVEMBER 2008
POLICY REPLACED:	SAFE SPORT POLICY (FEBRUARY 2008)
LAST REVIEW DATE:	APRIL 2012 February 2014
AMENDMENTS:	Page 2. Item 4. Remove Mentally Healthy Policy and replace with Mental Health Policy Last item in Mental Health Policy remove “and proactively reward instances of good practice.

Triathlon WA is committed to improving the health of the triathlon community through safe & enjoyable participation in triathlon and multisport related activities. In providing this service, Triathlon WA is aware of the need to provide safe participation for all by reducing the risk of injury. The Triathlon WA Health Policy details information within the following areas of participation:

1. TOBACCO POLICY

POSITION STATEMENT:

Triathlon WA recognises that smoke free environments protect non-smokers from the harmful effects of tobacco smoke and contribute to reducing tobacco consumption levels. Triathlon WA will also encourage quitting attempts and discourage the uptake of smoking, particularly by young people.

- 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 Triathlon WA will be smoke free
- Tobacco products will not be sold by Triathlon WA or on any premises under the control of Triathlon WA;
- Any person, either employed by or representing Triathlon WA in any capacity will not smoke or be seen carrying tobacco products whilst acting in an official capacity;
- Triathlon 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);
- Triathlon WA will actively encourage and support affiliated clubs/associations to adopt Triathlon WA’s tobacco policy;
- Triathlon WA will maintain areas so that smoking is not visible at any events or functions under its control. This includes areas such as the front of buildings, venue entrances and viewing and spectator areas; and
- Triathlon WA will encourage and support staff and members to quit smoking.

2. FOOD AND CATERING POLICY

POSITION STATEMENT:

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

- Triathlon WA will increase the range and availability of healthy food and drink options available at events and at premises under Triathlon WA's control;
 - Food and beverage vouchers and giveaways will only be given for healthy options; and
 - Triathlon WA will only support fundraising activities involving food or drink items that meet Triathlon WA's food and catering policy guidelines.
- Functions and activities:
- Where food is available, healthy alternatives will be offered and promoted. 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

- Healthy food and drink options will be promoted at point of sale at food outlets within Triathlon WA's control;
- Triathlon WA will reduce unhealthy food and drink options in food outlets under its control;
- Healthy food and beverage alternatives will be competitively priced in relation to less healthy alternatives;
- Appropriate training will be available for paid staff and volunteers e.g. Food Safe Food Handling Program;
- Where food vendors are required, Triathlon WA will source vendors that provide healthier food and drink alternatives;
- Where food and drinks are provided 'on site' by providers contracted by Triathlon 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

3. ALCOHOL POLICY

POSITION STATEMENT:

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

- Participants known to have consumed alcohol will not be permitted to participate or perform; Where alcohol is available:
 - Lower strength and non-alcoholic beverages will be available and promoted and competitively priced;
 - 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;
 - No more than two alcoholic beverages will be served to an individual at any time;
 - Responsible server training will be provided for paid staff and volunteers who serve alcoholic drinks;
 - Alcohol will not be used for prizes or awards;
 - Food and tap water will be made available;
 - Alcohol consumption by parents, coaches/instructors and other influential personnel will be discouraged particularly where young people are involved;

- 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;
- 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.

4. MENTAL HEALTH POLICY

POSITION STATEMENT:

Triathlon 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.

- Triathlon 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 Triathlon 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 Triathlon WA and to be more broadly involved in other community events and environments
- Triathlon 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
- Triathlon WA will proactively address instances of bad practice

5. PHYSICAL ACTIVITY POLICY

POSITION STATEMENT

Triathlon 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, performers, volunteers and audiences.

- 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) and through the use of promotional and motivational resources;
- Triathlon WA will integrate opportunities for physical activity into organised events and functions. This includes investigating and promoting (where appropriate) alternative transport options (including walking, cycling, and public transport) for attendees;
- Opportunities for employees to be active during their lunch break or before/after work will be encouraged. This includes the provision of showering and/or changing facilities and secure facilities for storing bicycles; and
- Triathlon WA will provide some flexibility in working hours so that members and staff may integrate exercise into their daily routine.

6. SUN PROTECTION POLICY

POSITION STATEMENT

Triathlon 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, Triathlon WA will supply and erect portable shade structures;

- Staff and members representing Triathlon 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;
- For activities involving juniors a 'no hat, no sunscreen, no play' policy will apply in order to encourage juniors to learn and adopt sun protection behaviours;
- 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.

7. INJURY PREVENTION POLICY

POSITION STATEMENT:

Triathlon 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.

- Protective equipment will be promoted and encouraged and, where necessary, made mandatory;
- 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 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 and existing members will complete a pre-participation medical assessment form and highlight any medical condition.

8. DRUGS POLICY

POSITION STATEMENT:

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

- Triathlon WA will abide by the TA Integrity Framework and all policies assigned within.
- Participants/performers known to have consumed illicit drugs will not be permitted to participate or perform;
- Use of illicit drugs will not be glamorised or promoted;
- 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 Triathlon WA;
- Triathlon WA will abide by the WA Government Drugs in Sport legislation and the Australian Sport Anti-Doping Authority (ASADA) legislation; and
- Triathlon 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, Triathlon 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.