



Triathlon WA

Healthy Environment Policy

Our Policy

1. Purpose

The purpose of this Healthy Environments Policy (the Policy) is to ensure Triathlon WA members, staff and volunteers understand Triathlon WA's role and position in relation to creating healthy environments. This Policy should be understood in conjunction with the Triathlon WA's constitution and related policies.

2. Policy statement

Triathlon WA is committed to integrating healthy environment practices into our operations, to promote and facilitate activities that encourage healthy lifestyles. We aim to provide a safe, supportive, and inclusive environment so that staff, volunteers, and the community can engage in positive relationships and activities that have mutual benefits.

3. Policy Objectives

- To build and maintain an environment and culture that supports healthy lifestyles choices.
- To increase knowledge and awareness of health and wellbeing issues and healthy lifestyle behaviours.
- To facilitate active participation in a range of initiatives that support health and wellbeing.

4. Responsibilities

Triathlon WA is committed to creating healthy environments by:

Health area

Our actions

Increasing healthy eating

Providing healthy food (fruit, meals or options including range of vegetables, healthy snacks, and low-fat foods) are available at Triathlon WA events and functions.

Making free drinking water available.



Not providing unhealthy food/drink (or vouchers for same) as prizes, awards, or fundraising initiatives.

Ensuring any promotion or fundraising activities involving food and drink items meet this policy.

Sourcing food vendors from the Healthier Vendor Guide or vendors who are able to offer food and drink choices that are consistent with the assessment criteria for inclusion in the Guide (provided by the Fuel to Go & Play).

Ensuring any contracted food and drink suppliers are compliant with this policy including:

- New food supply or catering contract and related leases;
- Renegotiated or renewed contracts or related leases; and
- Existing contractors are informed of the new policy and encouraged to comply.

Increasing physical activity

Ensuring safe practices for physical activity are adhered to.

Providing information and promotion of alternative transport options to activities and events (walking, cycling and public transport) – if applicable.

Preventing harm from alcohol

Not providing Alcohol (or vouchers for same) as prizes or awards.

Ensuring low strength alcohol and non-alcoholic choices are available where alcohol is served at functions or events.

Not promoting, glamorising or encouraging over-consumption or rapid consumption of alcohol (e.g. discounted drink prices, happy hours, drinking competitions).

Ensuring all staff responsible for the sale or supply of alcohol are trained in Responsible Service of Alcohol.

Providing alcohol-free environments at family events and during junior focused activities.



Mental health and wellbeing

Promoting social and emotional wellbeing through organisational practices and policies.

Providing a welcoming environment that encourages broad community participation.

Treating all individuals and groups with equality and respect.

Providing contact details for suitable mental health service providers i.e. crisis support lines (if required).

Creating a smoke-free WA

Ensuring all indoor and outdoor areas under Triathlon WA's control is smoke-free including the use of e-cigarettes/vaping.

Promoting smoke-free areas with appropriate smoke-free signage where available.

Sun protection

Providing adequate sunshade.

Providing free sunscreen at outdoor events.

Encouraging participants and staff/volunteers to wear sun-protective clothing.

Environmental sustainability

Avoiding or limiting the use of single-use plastics.

Working toward effective management of waste including recyclable and organic materials.

Minimising printed promotional material.

Participating in a Containers for Change scheme to recycle and fundraise.

5. Promoting this Policy

Triathlon WA will promote the Policy regularly via the Triathlon WA website.

6. Non-compliance

Triathlon WA's management/committee will uphold this Policy and any non-compliance will be handled according to the following process:

- Explanation of the policy to the person/people concerned, including identification of the section of policy not being complied with.



- Continued non-compliance with the policy should be handled by at least two managers/committee members who will use their discretion as to the action taken.

7. Policy Review

This Policy will be reviewed annually to ensure it remains relevant to Triathlon WA's operations and reflects both community expectations and legal requirements.

Signatures

Signed: 
Executive Director

Date: 25 October 2023

Signed: 
President

Date: 25 October 2023

Created by: Lauren Huddy

Date created: 29 September 2023

Date reviewed: 25 October 2023

Next review: 30 June 2023

Enquiries regarding our policy: admin@wa.triathlon.org.au