
Healthy Club Policy

Prepared for: Noble Park football Club

Date: Feb 2017

Review Annually:



Noble Park Football Club Healthy Club Policy

This policy applies to all members, committee, coaches, players, visitors and volunteers of the Noble Park football Club.

Alcohol

The Noble Park football Club is committed to ensuring responsible service of alcohol and supporting and promoting strategies to minimise harm from alcohol use.

Where alcohol is available:

- No alcohol will be served to patrons under the age of 18 years or to intoxicated patrons
- Responsible server training will be provided for all members who serve alcoholic drinks
- Lower strength and non-alcoholic beverages will be available
- Safe transport options for patrons will be encouraged
- Food will be made available
- Tap water will be made available free of charge

Other Drugs

The Noble Park Football Club is committed to supporting and promoting strategies to prevent drug use and to reduce risk of harm associated with drug use.

- The use of illicit and performance enhancing drugs will not be allowed in any area under the control of the Noble Park football Club
- Use of illicit drugs will not be glamorised or promoted

Smoking

The Noble Park Football Club recognises that smoke free environments protect non-smokers from the harmful effects of tobacco smoke and contribute to reducing tobacco consumption levels.

- Tobacco products will not be sold by the Noble Park Football Club
- All indoor areas of the Noble park football Club, including the changerooms, clubrooms and bar are permanently smoke free.

Sun Protection

The Noble park football Club recognises that exposure to UV radiation has potentially negative health effects and will therefore support sun safe practices and introduce measures to minimise exposure.

- Permanent shade has been extended off our clubrooms to provide shade for spectators
- Noble Park football Club hats will also be available to purchase
- Sunscreen will be made available to participants and spectators

Sports Safety

The Noble Park Football Club 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

- Appropriate first aid equipment will be made available at all training and competition sessions
- Warm-up, stretch and cool down routines will be conducted at all training and competition sessions.
- Qualified first aid trainers will be provided for all teams
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Healthy Eating

The Noble Park football Club understands and recognises the importance of good nutrition and the role it plays in the maintenance of good health and well-being.

- Tap water will always be provided free of charge
- Healthy food and drink alternatives will be made available within the club canteen
- Healthy food and drink alternatives will be competitively priced in relation to less healthy alternatives

Player Welfare

The Noble Park Football Club recognises the impact that mental health issues can have on our environment with the potential to negatively impact on the health and well being of individuals and the community and will therefore introduce measures to support our community

- Appoint a dedicated club welfare officer
- Programs will be made available to all members of the club

Non-Compliance Strategy

The following four-step non-compliance strategy will be followed if anyone breaches the Noble Park Football Club healthy club policy.

1. Assume the person is unaware of the policy
2. A staff member or club representative will approach the person breaching the policy and ask them to refrain from the behaviour and remind them about the policy
3. If an offence continues, the most senior club member will verbally warn them again and hand over a formally written letter. The letter will outline the healthy club policy and state that if the person continues the behaviour they will be asked to leave.
4. If the offence does continue then the patron will be escorted out of the Clubrooms by a senior club member

Policy Review

This policy will be reviewed six months after its introduction and then on an annual basis thereafter. This will ensure that the policy remains current and practical.