



HEALTHY CLUB POLICY MANDURAH PADDLING CLUB INC.

The health of club members is of primary concern for the Mandurah Paddling Club Inc.

This policy is effective from 27 July 2009 until 27 July 2010, whereupon it will be reviewed by the Mandurah Paddling Club (MPC) Executive Committee.

This policy applies to all members, administration, officials, coaches, visitors and volunteers of the MPC.



SUN PROTECTION

Australia has the highest rate of skin cancer in the world. MPC acknowledges that skin cancer is a preventable disease and that a preventative strategy including the following actions will be implemented by the MPC:

- Where possible outdoor events and training times will be scheduled outside the hours of 10am and 3pm (Daylight Savings Time)
- The club will maximise the use of natural shade provided from buildings, trees, and other structures.
- Where natural shade does not exist, the club will provide adequate shade structures for use by officials, spectators and players. Individuals will also be encouraged to bring their own structures to club events.
- The club will promote the use of Sun Smart clothing and hats (Cancer Council of Western Australia guidelines) for all participants, volunteers and officials. This can include long sleeve paddling tops, wide brimmed or legionnaire hats where practical and sunglasses to protect the eyes.
- SPF30+ broad spectrum sunscreens will be promoted or provided by the club. Prior to training or paddling in peak UV periods, paddlers and participants will be encouraged to apply sunscreen to exposed body parts.
- Club officials and volunteers will act as suitable sun smart role models.

- The club will promote their sun smart policies in club newsletters and event programs to maintain or increase awareness of the issue and to promote sun protective behaviour.

ALCOHOL

The MPC strongly discourages the consumption of alcohol before, during and immediately after participation in all paddling events. It will promote the responsible adult use of alcohol by:

- Discouraging excessive or rapid consumption of alcohol eg. Happy hours, drinking competitions etc
- Ensuring that alcohol is not served to any person who is intoxicated or under the age of 18 years old

SMOKING

MPC recognises that smoking and passive smoking are hazardous to health. We will ensure a smoke free environment by:

- Ensuring all areas of the club are smoke free
- Not selling or promoting tobacco products on the premises
- Prominently displaying no-smoking signage



OTHER DRUGS

- MPC discourages the use of medications in respect of injury/recovery that would enable a participant to compete where they otherwise would not have been able.
- We will adopt and be guided by the Sports Medicine Australia policy on the administration of medications by non medical personnel
- The use and administration of medications is monitored and controlled
- The use of illicit and performance enhancing drugs is not condoned
- In the event that the club personnel have reason to believe a member may be using illicit drugs, we will contact a relevant agency for professional advice on how to manage the situation (ie. Alcohol and Drug Information Service).

SPORT SAFETY

The MPC will encourage all members to adopt practices that seek to prevent injury by:

- Encouraging warm-up, stretching and cool-down as an important component of paddling, whether socially or competitively.
- Promoting the use of protective equipment including suitable clothing, personal floatation devices, adequate lighting, etc
- Ensuring adequate public liability and participant insurance for all members
- Ensuring all players with a prior or current injury to seek professional advice from a sports medicine professional and be fully rehabilitated before returning to the sport
- Liaison with the appropriate local authorities eg. SES, marine and harbour etc before holding events
- Ensure that all club members adopt a “help a paddler in need” ethic and are encouraged to paddle with a “buddy”
- Maintaining appropriate participant lists during club events
- Monitoring paddling conditions before and during club events and making informed decisions as per the conditions.
- Providing first aid equipment at all club training and competitive events.
- An accident log is to be maintained and be available for inspection at all times, giving time, place and nature of accident, injuries/damages sustained and names and addresses of witnesses. Accident logs should be made available to the proper national authority where required.



HEALTHY EATING

- The MPC recognizes the importance of good nutrition for sports performance by ensuring that when food is provided, healthy alternatives in accordance with the Dietary Guidelines for Australian Adults is available.
- The club will make information available to club members and families to promote healthy lifestyles.



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.

Adult paddlers, coaches and club members are expected to set appropriate examples and act as role models for junior club members.

The club will make information available to club members and families to promote healthy lifestyles.

Anyone wishing to discuss any aspect of this policy is invited to contact any members of the MPC Executive Committee.

Thank-you for your co-operation.



_____ President

_____ Date

