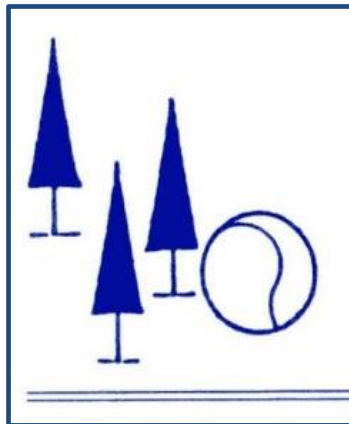


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# HEALTH POLICY, PROCEDURES & GUIDELINES

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OCTOBER 1, 2020

## HEALTH POLICY, PROCEDURES & GUIDELINES

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## HEALTH POLICY, PROCEDURES & GUIDELINES

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The South Perth Lawn Tennis Club (SPLTC) Health Policy and Management Plan incorporates the following components.

1. SPORT SAFE
2. ALCOHOL & OTHER DRUGS
3. FOOD & CATERING
4. COVID 19

### 1. SPORT SAFE POLICY

SPLTC is committed to improving the health of the community through safe participation in tennis and tennis related activities. In providing this service, the club is aware of the need to provide safe participation for all participants by reducing the risk of injury.

The SPLTC Sport Safe Policy details guidelines and information on the following areas:

- a) Injuries and prevention
- b) First Aid
- c) Hydration
- d) Sun Protection
- e) Heat Rule
- f) Contagious Diseases
- g) Existing health conditions
- h) Smoke Free
- i) Sport Safety Policy Information

#### a) Injuries and Injury prevention

Tennis is a sport that can be played on a variety of surfaces (at SPLTC on grass, synthetic grass, and Plexi-pave) which requires speed, power, endurance, balance, and coordination. As a result, injuries can and do occur.

#### Causes and types of injuries

- Lower limb (ankle, knee, and thigh) injuries are most common and are caused by the sprinting, stopping, pivoting, and pounding nature of tennis. Lower limb tennis injuries are acute (e.g. ankle sprain) or chronic (e.g. knee tendon pain).
- Upper limb (elbow, shoulder, wrist) injuries are usually caused by the high-velocity and repetitive arm movements required in tennis. These injuries tend to be overuse in nature

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(e.g. tennis elbow).

- Back injuries and pain are common due to the rotation required to hit groundstrokes, and the combination of rotation, extension and lateral flexion involved in the serve.

### Safety tips for tennis

- Good preparation is important
- Avoid playing with a pre-existing illness or injury. If in doubt, talk to a medical practitioner.
- Always warm up, stretch and cool down.
- Maintain an adequate fitness level. Undertake conditioning and training exercises specific to the physical demands of tennis.

Refer to the poster on the club noticeboard for the following good stretches to do before and after play:

### Forward lunges

These stretch the hip flexors and simulates playing a low volley. Place one leg behind you with knee touching the ground, and the other leg with foot flat on the ground; lowering your hips forward, bring your forward knee over your planted foot.

### Sump stretches

This stretches the adductors and is simply an exaggerated simulation of the position you will adopt when returning serve; with your legs and feet wide apart, squat down slowly and push out your knees.

### Lateral stretch

Keeping one leg straight, bend your other knee and sink into the stretch; this works your gluteal' and adductors.

### Hamstring stretch

Sitting down, stretch out your legs and reach for your toes.

### Quadriceps stretch

Standing on one leg, grasp the other foot and bring it up to your gluteal.

### Calf stretch

Leaning against a wall, put one foot out behind you, plant your heel and lean forward while keeping your planted leg straight.

## **b) First Aid**

First aid items are available on the club premises and are accessible during coaching sessions, competitions, events, and social play.

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### First aid items available at SPLTC

- First aid kit
- Ice packs (kept in fridge freezer)
- Defibrillator

### Other useful resources

- Dial 000 for emergencies
- St John Ambulance mobile app which:
  - Shows your GPS position when calling 000
  - Alphabetically listed first aid tool kit including “what to do” and “fact sheets”
  - Displays medical centre locations nearby to you

SPLTC will promote to members the benefit of undertaking first aid training to increase the available of qualified first aiders at the club during tennis play. As opportunities arise, members and coaches will be given the opportunity to attend training courses in sports injury prevention and treatment.

### **c) Hydration**

Staying hydrated is crucial to healthy living, considering the body is comprised between 55 and 75 per cent water.

Hydration becomes even more important when playing tennis – our fluid levels need to be replenished more rapidly and regularly because we are sweating more.

SPLTC will provide chilled water fountains that are located on the exterior of the clubhouse.

### Are you hydrated?

There are some tell-tale signs that you may not be getting enough fluids – the obvious ones are feelings of thirst, darker urine or less frequent urination, headaches, and dry or cracked lips.

But there are some other symptoms that may not be immediately associated with dehydration. You could feel nauseous, weak, or lethargic, or experience mood swings, confusion, or hallucinations. Some people may even mistake their thirst for hunger.

### How to hydrate

Luckily, dehydration is easily avoided – or countered – by increasing your fluid intake.

When exercising, training, or competing, it is important that you hydrate beforehand. A good rule of thumb is to drink half a litre (500 ml) of water in the one or two hours prior; this can be easily achieved just by having a bottle of water handy.

During exercise, aiming for between 250 ml and 500 ml of fluids every 30 minutes is a good

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approach, although the level may vary depending on the temperature and intensity of exercise. Scheduling in regular breaks to drink during training or drinking at every change of ends during a match, will ensure you have plenty of opportunities to replenish your fluid levels and ward off dehydration.

Following physical activity, it is important to keep drinking to ensure you are rehydrated – being able to pass a high volume of clear urine is a good sign that this is the case.

### Water versus sports drinks

In most instances, water – which contains no kilojoules – is the best option for hydration.

Yet sports drinks have their place; with electrolytes to assist in fluid absorption and carbohydrates as a source of fuel, they are good options in warmer conditions and if you are lacking food. Plus, being flavoured, they are often more palatable.

If you find water a bit boring, adding lemon, lime or mint can make it a bit more exciting. And while they certainly shouldn't replace your water consumption, tea, milk, fruit juice and foods with a high water content – like fruits and vegetables – also count towards your fluid intake.

### **d) Sun Protection**

SPLTC recognises that exposure to ultraviolet radiation (UVR) has negative health effects and will introduce measures to minimise exposure. Due to tennis being played mainly outdoors, SPLTC is extremely conscious of providing adequate information, education and facilities and strongly recommends and supports sun safe practices for all staff, volunteers, spectators, and participants involved in tennis throughout Western Australia. Measures are constantly being introduced to minimise exposure to the harmful effects of the sun that participants may incur.

### Time of Activities

Whenever possible activities will be conducted outside of the hours 10.00am to 3.00pm when UVR is at its peak.

During our Tennis in Schools programs (peak UVR time) a 'no hat, no play' policy will be employed by our SunSmart Tennis in Schools Coaches and sunscreen will always be available to all students and teachers. This will encourage young people to learn and adopt sun protection measures at an early age

### Provision of shaded areas

Where available natural shade and shade structures will be utilised to protect participants and spectators from UVR.

Where existing or natural shade is not adequate for a planned event, the organisation, club, or association conducting the event will supply and erect portable shade structures.

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### Appropriate clothing

For the purposes of sun protection, players are encouraged to wear long sleeve shirts, broad brimmed hats, and sunglasses.

### Sunscreen

Broad spectrum (SPF 30+) water resistant sunscreen will be made available to participants and spectators. Where this is not possible participants and spectators will be encouraged to bring their own.

### Promoting the Sun Smart message

The Sun Smart message will be conveyed by the club wherever possible including by:

- PA announcements at SPLTC organised tennis such as Social Tennis comps on Saturday, Sunday and Thursday, Junior Pennant comp on Sunday and any other organised events.
- Articles on the SPLTC "Tennis Post" newsletter
- Coaches will be responsible for incorporating the SunSmart message at Sun Smart Tennis for Schools clinics.

### **e) Extreme Weather**

The SPLTC follows Tennis Australia's national policy for Extreme Weather. Such extreme weather events include

- Extreme Heat and Thermal Comfort
- Rain, Flood and Hail
- Thunderstorms & Lightning
- High Wind
- Sand, Dust or Smoke

The Policy can be accessed as follows:

<https://www.tennis.com.au/about-tennis-australia/reports-and-policies/policies>

### **f) Contagious Diseases**

SPLTC will provide information to our members on the associated risk factors and prevention strategies against contagious diseases which may be contracted whilst playing tennis.

SPLTC will always encourage the use of personal water bottles and towels and strongly discourages the use of sharing water bottles and towels between players, coaches, and officials

SPLTC playing facilities/courts etc will be maintained and checked for potential dangers before training, competitions and events occur and every effort will always be made to maintain our

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facilities at a safe standard.

### **g) Existing health conditions**

It is the responsibility of any player that has a pre-existing health condition, or who have any doubts about their health, to see a medical professional to complete a medical assessment and fitness test prior to participation in playing or officiating.

A player who has a medical condition that may cause an episode, reaction or other occurrence that may require assistance or treatment while participating in tennis activities should make such a condition known to the President or Captain so that a management plan can be devised should such an event occur.

Players who participate without a medical assessment or without notifying officials of a medical condition, play at their own risk.

## **2. ALCOHOL, SMOKING & OTHER DRUGS POLICY**

SPLTC will actively seek to promote, encourage, and support strategies to minimise the harmful effects of alcohol and drug use in the interest of health and safety to our members, employees, volunteers, and spectators.

### **a) Alcohol**

#### Sale and service of alcohol

At all SPLTC facilities and functions lower strength and non-alcoholic beverages will be available and promoted. Drinks will be served in standard size drink portions.

Alcohol will be served in accordance with the requirements set out in the Liquor Licensing Act 1988, and in line with the Director of Liquor Licensing's Responsible Service of Alcohol Policies, these can be accessed through [www.rgl.wa.gov.au](http://www.rgl.wa.gov.au).

Chilled filtered water will be available and free at the SPLTC.

Food will always be offered when alcohol is being consumed.

#### No advertising and promotion of sensible choices

Active promotion of responsible alcohol consumption by all members/associations will always be encouraged.

Safe transport options for all SPLTC members and visitors will be promoted and where relevant, provided.

The irresponsible use of alcohol will not be glamoured or promoted at SPLTC functions or events



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through raffles, prizes, or awards and excessive or rapid consumption of alcohol will be actively discouraged e.g. no happy hours, drinking competitions.

When young people are involved in an event, competition or training session, alcohol consumption by parents, coaches or other influential personnel will be discouraged.

### **b) Smoking**

#### Smoke Free Environment

SPLTC recognises that smoke free environments protect non-smokers from the harmful effects of environmental tobacco smoke (ETS) and contribute to reducing tobacco consumption levels.

SPLTC will encourage members, spectators, and participants to quit smoking and discourage the uptake of smoking, in particular by young people.

The following areas of the South Perth Tennis Centre will always be smoke free:

- All indoor areas
- All playing courts
- All outdoor areas except for the designated smoking area that is distant from all other areas that players and spectators are likely to be.

#### Sale of tobacco products

Tobacco products will not be sold by SPLTC or any SPLTC affiliated members/clubs at any time.

#### Organisation Responsibilities

Any person employed or representing SPLTC in any capacity will refrain from smoking whilst acting in an official capacity.

#### Signage

SPLTC will be clearly signed with 'No Smoking' signage to make members aware of the smoke free environment.

### **c) Other Drugs**

The use of illicit and performance enhancing drugs will not be allowed, glamourised or promoted at any competition, training, or event under the control of SPLTC.

For further and more in depth information please refer to the Tennis Australia Anti-doping Policy. As a member association of Tennis Australia, SPLTC and our affiliated members/associations abide by and implement all of Tennis Australia's policies.

Any person known to be intoxicated due to alcohol and/or other drugs will not be permitted to participate in any capacity in any SPLTC training, competition, or other event.

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### 3. FOOD & CATERING POLICY

SPLTC understands and recognises the importance of good nutrition and the role it plays in maintaining and improving health. SPLTC will promote the effect that healthy eating has on all members in achieving good health and optimal performance. SPLTC also understands the risks associated with handling of food and will ensure that safe food handling practices will be promoted and adhered to.

#### a) Availability of Healthy Food

Where food is available at functions, tournaments, events and activities, healthy alternatives will be readily offered.

Healthy options include the provision of foods low in fat, high in fibre and with substantial fruit and vegetable content.

#### b) Food Handling

Every endeavour will be made to provide training in the handling and preparation and storage of food to paid staff and volunteers who prepare food at events and competitions.

SPLTC will give preference to food companies/caterers who provide healthy alternatives.

SPLTC will not provide members with prizes that encourage unhealthy eating.

The following guidelines are to be adhered to for the safe handling of food

##### Keep it hot

- Use a thermometer to make sure foods are thoroughly cooked and the centre reaches 75 °C.
- Hot food must be kept at 60 °C or hotter.
- Check that only clear juices run from thoroughly cooked meat

##### Keep it cold

- Cold food must be 5 °C or colder.
- Frozen food must be frozen hard.
- Check the temperature of fridges and cold storage areas regularly.

##### Keep it clean

- Use clean, sanitised and dry cutting boards, equipment and utensils.
- Clean and rinse wiping cloths after each use, and change them frequently.
- Wash and dry your hands thoroughly and regularly.

##### Keep it uncontaminated

- Keep raw food separate from cooked or ready-to-eat food.
- Use separate utensils and cutting boards when preparing raw and cooked or ready-to-eat

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food.

- Thaw food in your fridge, away from, and below, cooked or ready-to-eat food

### Keep it quick

- Limit the time that high-risk food is in the temperature danger zone (5 °-60 °C) and return to the refrigerator during delays.
- Large portions of food take longer to cool. Divide large portions into smaller batches before cooling.
- If food is kept within the temperature danger zone for a total time of 4 hours or more, throw it out.

### Keep it allergen safe

- Identify allergens and label or name them in foods on your menu or display.
- Use and store foods known to contain allergens in a way that prevents them contaminating other foods.
- Train staff in food allergen risks, management and communication

## 4. COVID 19

The SPLTC adheres to the guidelines published by Tennis Australia. These Guidelines can be accessed as follows:

<https://www.tennis.com.au/about-tennis-australia/reports-and-policies/policies>

Specific procedures have been and will continue to be developed and implemented as required to comply with any WA Government Directions and Legislation.



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Brian Laurensen  
President – SPLTC

Date: 25/09/2020