



Nollamara Tennis Club

Healthy Club Policy

Who is affected by the Policy

This policy applies to all members, administrators, officials, coaches, players, visitors and volunteers of Nollamara Tennis Club Inc.

Healthy Eating

Nollamara Tennis Club recognises the importance of good nutrition for sports performance by:

- Ensuring when food is provided, healthy alternatives in accordance with the Dietary Guidelines for Australian Adults are available.
- Promoting good nutrition and healthy eating messages.
- Not providing unhealthy food/drink (or vouchers for the same) as prizes or awards.
- Ensuring free drinking water is available.

Alcohol

Nollamara Tennis club will promote the responsible adult use of alcohol by:

- Ensuring alcohol is not served to any person who is intoxicated or under the age of 18 years.
- Promoting the responsible use of alcohol at events where alcohol may be served. This includes not permitting activities or promotions that encourage rapid consumption of alcohol, glamorise drinking, or imply that getting drunk is desirable.
- Providing low-strength alcohol and non-alcoholic choices.
- Ensuring alcoholic drinks are served in standard-sized drink portions.
- Not providing alcoholic drinks (or vouchers for the same) as prizes or awards.

Smoking

Nollamara Tennis Club recognises that smoking and passive smoking are hazardous to health.

We will ensure a smoke-free environment by:

- Ensuring all of the club buildings, including the change rooms, and all club functions are smoke-free.
- Making playing areas smoke free areas.
- Ensuring that visitors to the club are aware of the smoke free areas and provide information about areas where smoking may be permitted.
- Prohibiting E-cigarettes/vaping

Other Drugs

Nollamara Tennis Club discourages the use of medications in respect of injury/recovery that would enable a participant to compete where they would not otherwise have been able.

The use of illicit & performance-enhancing drugs is not condoned.

In the event that club personnel have reason to believe a member may be using illicit drugs, the club will contact a relevant agency (i.e. Alcohol & Drug Information Service) for professional advice on how to manage the situation.

Sun Protection

Nollamara Tennis Club will take all reasonable steps to address sun safe practices by:

- Ensuring adequate shade is provided where possible.
- Providing free sunscreen to members and visitors.
- Encouraging players to use sunscreen and to wear suitable clothing and hats.

Sports Safety

Nollamara Tennis Club recognizes 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.

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

- Encourage warm-up, stretching and cool-down as an important component of playing and training.
- Encourage players to take a water bottle on to the courts, and replace fluids before, during and after games and training.
- Promoting the use of protective equipment including suitable clothing, footwear, and sun protection.
- Maintaining safe playing surfaces and keeping playing areas free from obstructions or potential dangers.
- Ensuring appropriate first-aid equipment is on hand in the event of an injury.
- Ensuring adequate public liability and player insurance for all members.
- Encouraging all players with a prior or current injury to seek professional advice from a sports medicine professional and be fully rehabilitated before returning to play.

Environmental Sustainability

Nollamara Tennis Club is committed to reducing its environmental footprint by:

- Avoiding single-use plastics.
- Recycling all allowable bottles through the "Containers for Change" scheme.
- Recycling of balls and other equipment through the "Game-on Recycling" scheme.
- Minimising printed promotional material.

Non compliance strategy

The following steps will be followed if anyone breaches the Nollamara Tennis Club healthy club policy:

1. Assume that the person is unaware of the policy
2. A Club representative will approach the person breaching the policy and ask them to refrain from the behaviour and remind them about the policy

Policy review

This policy will be reviewed on annual basis to ensure that the policy remains current and practical.

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 committee.

This policy was last updated on 30/08/2023

Next policy review: 30/08/2024