

# Ashbourne Cricket Club Healthy Club Policy



This policy applies to all members, committee, coaches, players, visitors and volunteers of the Ashbourne Cricket Club. Adult players, coaches and club members are expected to set appropriate examples and act as role models for junior club members.

## Alcohol

The Ashbourne Cricket 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
- Water will be made available free of charge
- See Ashbourne Cricket Club Alcohol Management Policy

## Other Drugs

The Ashbourne Cricket 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 Ashbourne Cricket Club
- Use of illicit drugs will not be glamorised or promoted

## Smoking

The Ashbourne Cricket 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 Ashbourne Cricket Club
- All indoor areas of the Ashbourne Cricket Club are permanently smoke free.
- See Ashbourne Cricket Club Smoke Free Policy

## Sun Protection

- The Ashbourne Cricket 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
- Large shady areas for spectators are provided by the trees surrounding the oval and marquees will be erected as spectators require.
- Sunscreen will be made available to participants and spectators
- See Ashbourne Cricket Club Sun Protective Policy

## Sports Safety

The Ashbourne Cricket 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 training, match and competition sessions.

# [Insert club name] Healthy Club Policy

## Healthy Eating

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

- Drinking water will always be provided free of charge
- Healthy food and drink alternatives will be competitively priced in relation to less healthy alternatives

## Non-Compliance Strategy

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

1. Assume the person is unaware of the policy
2. A committee 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 periodically. This will ensure that the policy remains current and practical. Anyone wishing to discuss any aspect of this policy is invited to contact any of the members of the committee.

Thank you for your cooperation