

Health **Policies**

Guidelines for Healthway Sponsored Organisations



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Introduction

As a health promotion foundation, Healthway aims to increase individual knowledge and skills as well as improve behaviour to positively influence health. Healthway seeks to achieve this through a variety of strategies including encouraging and supporting organisations to develop and implement a health policy.

The development and implementation of an organisational health policy may form part of an organisation's sponsorship agreement with Healthway. While it is important to include all health areas that are relevant to a sponsored organisation, Healthway's key health priorities should always be included, namely; tobacco, food and catering (if food is available), alcohol (if alcohol is available), positive mental health and physical activity.

This booklet is designed to assist organisations in developing, implementing, promoting, monitoring and reviewing their health policies. It contains sample position statements and clauses that may serve as a guide to organisations developing a health policy. Where Healthway requires a health policy to be developed and implemented as a condition of funding or sponsorship, organisations should develop clauses and information that are specifically relevant to their particular committee, members and patrons.

Why Introduce Health Policies?

The implementation of appropriate health policies will:

- Reinforce the organisation's commitment to the promotion of good health in general;
- Set guidelines for members/participants in relation to healthy environments and healthy behaviour;
- Standardise the procedures for dealing with any behaviour that falls outside the stated health objectives;
- Clarify roles and responsibilities of members and others associated with the organisation; and
- Improve the potential for sustainable behaviour change.

How will a health policy benefit your organisation?

A health policy will benefit your organisation because:

- It demonstrates an organisation's commitment to providing a duty of care to members, spectators and participants;
- It is attractive to participants/members – a 'health promoting' organisation will appeal to a broader community interest;
- A healthy organisation is good for young people – parents feel reassured when children are involved in organisations where they are less likely to be exposed to passive smoking, excessive alcohol consumption, injuries, sunburn and other risks;
- It offers the potential to increase income – a health promoting organisation is more likely to be eligible for Healthway sponsorship and, in addition, may be more attractive to other sponsors; and
- It promotes a positive image in the community – by taking steps to develop policies that encourage healthy behaviour.

Who is the Health Policy for?

The health policy is for everyone involved in or affected by an organisation's activities including members, staff, volunteers, performers, participants and audiences and affiliated organisations.

Developing your Health Policy

Key steps in developing an effective health policy:

1. Form a group to oversee the development of your policy – ensure key managers are involved as well as a wide cross section of staff and members.
2. Evaluate your current practices – identify what your organisation is currently doing well and areas which need to be addressed.
3. Identify the priority health issues for your organisation and use the statements listed in this document to help develop your policy position.
4. Consult as widely as possible with members or affiliated groups to maximise the likelihood of ‘buy in’ and active support.
5. Seek advice and support if needed (refer to Who Can Help? – pages 12 and 13).
6. Develop your policy considering:
 - What you want to achieve from your policy;
 - How to maximise adherence to the policy;
 - Who will monitor the policy;
 - What action to take when the policy is not adhered to;
 - How to evaluate the effectiveness of the policy;
 - How feedback on the policy might be given to the organisation;
 - How the policy will be implemented; and
 - How to prepare the organisation for implementation (including a start date).
7. Approval of the policy and implementation plan by your Board or Committee.

Implementing your Health Policy

After your health policy has been finalised and endorsed by your Board or Committee you should consider the following procedures:

- Form a sub-committee to organise the implementation of the key areas in the policy – you may decide to assign each key area to a different committee member or address the policy as a whole;
- If you are making significant changes, it is advisable to phase in the changes over an agreed timeframe. Ensure the timeframe is confirmed and communicated;
- Consider whether the policy may need to be underpinned by the creation of rules or regulations incorporated into the organisation's constitution; and
- Make sure the sub-committee reports back on progress and achievements to the Board/ Committee.

Monitoring your Health Policy

If you have effectively communicated the health policy, then compliance should hopefully not be an issue. It is, however, essential to monitor implementation on an ongoing basis to identify any problems.

All staff, participants and volunteers are responsible for updating and monitoring the health policy. The Committee may like to assign members to this task. Methods of monitoring may include:

- Keeping records of infringements/non compliance
- Regular staff feedback
- Surveys of members or patrons
- Injury management records

Actions for non-compliance

In the event that an individual chooses not to adhere to the health policy, it is important to develop/identify steps to address non-compliance. The procedure for non-compliance should be clearly described.

You may like to consider a stepped approach such as:

- First infringement – verbal request making sure the individual is aware of the policy.
- Second infringement – written request including consequences of further infringements.
- Third infringement – barring of individual from the premises or venue for a set time. This should be followed up with written correspondence advising of the ramifications.

Reviewing your Health Policy

The health policy should be reviewed annually to monitor its continued relevance and determine any areas that may require strengthening. The updated health policy should be approved at Committee/Board level and circulated to all staff.

The following examples of policies for specific health issues are provided for your information and should be used as a guide. As previously indicated, Healthway encourages all sponsored organisations to develop and implement a health policy, but for some organisations the development and implementation of a health policy is a condition of Healthway sponsorship.

In the examples provided there is a 'position statement' that outlines a sample 'stance' for the organisation with respect to the health issue, followed by specific statements that set out the details of the policy. The statements provided in this booklet may be used as a guide and adapted to suit the particular operations of your organisation.



Tobacco Policy

Position Statement

The organisation recognises that smoke free environments protect non-smokers from the harmful effects of tobacco smoke and contribute to reducing tobacco consumption levels. The organisation will also encourage quitting attempts and discourage the uptake of smoking, particularly by young people.

- All events and associated venues will be 100% smoke free;
- All official functions (including dinners, receptions, presentations, fundraising events, meetings, and social occasions) will be 100% smoke free;
- All outdoor seating and other viewing areas under the control of the sponsored organisation will be smoke free and from 1 July 2010 all areas under the control of the sponsored organisation must be smoke free for the duration of the contract with Healthway;
- Tobacco products will not be sold by the organisation or on any premises under the control of the organisation;
- Any person, either employed by or representing the organisation in any capacity will not smoke or be seen carrying tobacco products whilst acting in an official capacity;
- The organisation (whether directly or through a third party) will not receive money, other benefits or have arrangements with the tobacco industry (including sales, promotion or distribution of tobacco products);
- The organisation will actively encourage and support affiliated clubs/associations to adopt the organisation's tobacco policy;
- The organisation's arts and cultural activities will not feature, depict or promote smoking in any way;
- All entrances and exits to buildings will be smoke free to within 5 metres of the doorways;
- The organisation will maintain areas so that smoking is not visible at any events or functions under its control. This includes areas such as the front of buildings, venue entrances and viewing and spectator areas; and
- The organisation will encourage and support staff and members to quit smoking.



Food and Catering Policy

Position Statement

The organisation understands and recognises the importance of good nutrition and the role it plays in the maintenance of good health and well being. The organisation also recognises that the provision of healthy food choices encourages healthy eating and helps to prevent ill health.

- The organisation will increase the range and availability of healthy food and drink options available at events and at premises under the organisation's control;
- Food and beverage vouchers and giveaways will only be given for healthy options; and
- The organisation will only support fundraising activities involving food or drink items that meet the organisation's food and catering policy guidelines.

Functions and activities

- Where food is available, healthy alternatives will be offered and promoted. This includes the provision of foods low in fat, sugar and salt and foods that are high in fibre with a substantial fruit and vegetable content;
- Where drinks are available, healthier alternatives will be readily offered. This includes drinks with low/no sugar content; and
- Water will always be provided free of charge.

Food outlets

- Healthy food and drink options will be promoted at point of sale at food outlets within the organisation's control;
- The organisation will reduce unhealthy food and drink options in food outlets under its control;
- Healthy food and beverage alternatives will be competitively priced in relation to less healthy alternatives;
- Appropriate training will be available for paid staff and volunteers
e.g. Food Safe Food Handling Program;
- Where food vendors are required, the organisation will source vendors that provide healthier food and drink alternatives;
- Where food and drinks are provided 'on site' by providers contracted by the organisation:
 - Compliance with the policy will be a condition of any new food supply or catering contract and related leases;
 - Compliance with the policy will be included in any contracts or related leases renegotiated or renewed; and
 - Existing contractors should be informed of the new policy and encouraged to comply.



Alcohol Policy

Position Statement

The organisation is committed to ensuring responsible service of alcohol and supporting and promoting strategies to minimise harm from alcohol use. The organisation will ensure compliance with all relevant policy guidelines constructed by the WA Director of Liquor Licensing.

- Patrons/participants or performers known to have consumed alcohol will not be permitted to participate or perform;
- Where alcohol is available:
 - Lower strength and non-alcoholic beverages will be available and promoted and competitively priced;
 - Alcohol will be served in accordance with the requirements set out in the Liquor Control Act 1988. This includes no alcohol being served to patrons under the age of 18 years or to intoxicated patrons;
 - Excessive and/or rapid consumption of alcohol will be discouraged e.g. no happy hours and drinking competitions;
 - No more than two alcoholic beverages will be served to an individual at any time;
 - Responsible server training will be provided for paid staff and volunteers who serve alcoholic drinks;
 - Alcohol will not be used for prizes or awards;
 - Food and tap water will be made available;
 - Alcohol consumption by parents, coaches/instructors and other influential personnel will be discouraged particularly where young people are involved;
 - The availability of alcohol will be restricted to suitable and appropriate times e.g. a launch or post event function;
 - Drinks will be served in standard size drink portions and plastic containers will be encouraged at events, particularly outdoor events;
 - Responsible alcohol use will be actively promoted and safe transport options for patrons will be encouraged and promoted at events where alcohol is available;
 - The irresponsible use of alcohol will not be glamorised or promoted and there will be no external advertising of the availability of alcohol e.g. promotional signage, tickets.



Mentally Healthy Policy

Position statement

The organisation recognises that the creation of a positive environment that encourages and supports involvement will have a positive effect on the mental health and well-being of individuals and the community.

- The organisation will support opportunities for staff, audiences and participants to be mentally, physically and socially active;
- Staff, audiences and participants will be encouraged to join and actively participate in the activities of the organisation and those of partner organisations);
- Staff, audiences and participants will be encouraged to become volunteers, to set personal goals for achievement in the activities of the organisation and to be more broadly involved in other community events and environments
- The organisation will try to reduce or remove economic or social barriers to participation;
- Staff, volunteers and participants will be encouraged to treat all individuals and groups with respect, equality and openness; and
- The organisation will proactively address instances of bad practice and proactively reward instances of good practice.



Physical Activity Policy

Position statement

The organisation recognises that participation in regular physical activity has important health and social benefits and is committed to encouraging safe physical activity participation for its staff, members, participants, performers, volunteers and audiences.

- Members/employees will be encouraged to make active choices (e.g. walking, cycling or taking public transport all or part of the way to the venue, using the stairs instead of the lift) and through the use of promotional and motivational resources;
- The organisation will integrate opportunities for physical activity into organised events and functions. This includes investigating and promoting (where appropriate) alternative transport options (including walking, cycling, and public transport) for attendees;
- Opportunities for employees to be active during their lunch break or before/after work will be encouraged. This includes the provision of showering and/or changing facilities and secure facilities for storing bicycles; and
- The organisation will provide some flexibility in working hours so that members and staff may integrate exercise into their daily routine.



Other Policies

● Sun Protection Policy

(to be included in health policy where the organisation conducts outdoor daytime activities)

Position Statement

The organisation recognises that exposure to ultraviolet (UV) radiation has potential negative health effects and will therefore support sun safe practices and introduce measures to minimise exposure.

- Where possible, outdoor activities will be conducted before 10.00am or after 3.00pm to avoid peak UV times;
- Shade (natural, built or temporary) will be available to protect participants and spectators where possible. When permanent shade is not available, the organisation will supply and erect portable shade structures;
- Staff and members representing the organisation will always act as positive role models by adopting sun protection behaviours such as wearing hats, long sleeved shirts, extra length shorts, sunglasses and sunscreen;
- For activities involving juniors a 'no hat, no sunscreen, no play' policy will apply in order to encourage juniors to learn and adopt sun protection behaviours;
- All uniforms and clothing provided for club members will comply with the design and fabric standards recommended by The Cancer Council WA; and
- Sunscreen (SPF 30+, broad spectrum water resistant) will be made available to participants and spectators. However, when this is not possible these parties will be encouraged to bring their own.



● Injury Prevention Policy

(to be included in health policy where relevant to the organisation's activities)

Position Statement

The organisation 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.

- Protective equipment will be promoted and encouraged and, where necessary, made mandatory;
- Members, staff and officials will be given the opportunity to attend approved training and accreditation courses in injury prevention and treatment.;
- An appropriately qualified first aid person will be in attendance at all training and competition sessions;
- Appropriate first aid equipment will be made available at all training and competition sessions;
- Correct fluid replacement practices will be implemented at all training and competition sessions;
- Consideration will be given to the environmental conditions (heat, cold, playing and surface conditions) when conducting training and competition sessions. Where appropriate, separate policies covering the conduct of events/participating in adverse weather conditions, should be developed;
- Sports Medicine Australia's policies and guidelines on blood and infectious diseases, pregnancy and sports participation, and children in sport will be adopted where appropriate;
- Warm up, stretch and cool down routines will be conducted at all training and competition sessions; and
- New and existing members will complete a pre-participation medical assessment form and highlight any medical condition.



● Drugs Policy

(to be included in health policy where relevant to the organisation's activities)

Position Statement

The organisation is committed to supporting and promoting strategies to prevent drug use and to reduce the risk of harm associated with drug use.

- Participants/performers known to have consumed illicit drugs will not be permitted to participate or perform;
- Use of illicit drugs will not be glamorised or promoted;
- The use of illicit and performance enhancing drugs will not be allowed at any activities or events, or in any areas under the control of the organisation;
- The organisation will abide by the WA Government Drugs in Sport legislation and the Australian Sport Anti-Doping Authority (ASADA) legislation; and
- The organisation will ensure that any intoxicated patrons are not allowed entry to the premises nor will they be able to remain on the premises if they have already been admitted. However, the organisation has a duty of care to the patron's health, safety and wellbeing and, as such, intoxicated patrons will be safely removed e.g. by providing the patron with water and seeking medical attention if required.



Sample Policy One

SUBIBEACH DANCE COMPANY (SDC)

SDC is a small company sponsored by Healthway to present six performances in a range of hired venues in the metropolitan area and three country regional workshops with high school students over the period of the annual sponsorship program. All performances are indoors and no alcohol is served at any of the venues.

Subibeach Dance Company Health Policy

Subibeach Dance Company is committed to the promotion of health of its dancers, audiences and workshop participants and supports the provision of healthy environments.

- 1. Tobacco – SDC recognises that smoke free environments protect non-smokers from the harmful effects of tobacco smoke and contribute to reducing tobacco consumption levels. SDC will encourage quitting attempts and discourage the uptake of smoking, particularly by young people. SDC will ensure:**
 - 1.1 All indoor and outdoor areas under the control of SDC will be 100% smoke free;
 - 1.2 All official functions conducted by SDC (including dinners, functions, presentations, fund-raising events, meetings, and social occasions) will be 100% smoke free;
 - 1.3 All entrances and exits to buildings will be smoke free to within 5 metres of the doorways;
 - 1.4 SDC will maintain areas so that smoking is not visible at SDC events. This may include areas such as the front of buildings or venue entrances;
 - 1.5 Tobacco products will not be sold by SDC or on any premises under the control of SDC;
 - 1.6 All staff and dancers of SDC will not smoke or be seen carrying tobacco products while taking part in any program under the control of SDC; and
 - 1.7 SDC activities will not feature, depict or promote smoking in any way.

2. Food and Catering – SDC understands and recognises the importance of good nutrition and the role it plays in promoting health and optimal performance. SDC will ensure:

- 2.1 Where food is available at functions and activities, healthy alternatives will be readily offered. This includes the provision of foods low in fat, sugar and salt and foods that are high in fibre with a substantial fruit and vegetable content;
- 2.2 Where drinks are available at functions and activities, healthier alternatives will be readily offered. This includes drinks with a low / no sugar content;
- 2.3 Food and drink vouchers and giveaways will only be given for healthy options;
- 2.4 Healthy food and drink alternatives will be competitively priced in relation to less healthy alternatives.

3. Alcohol – in the interest of health and safety, SDC will actively promote, encourage and support strategies to minimise harm from alcohol and other drugs. SDC will ensure:

- 3.1 No alcohol will be served at SDC's venues or performances;
- 3.2 Alcohol will not be used for prizes or awards; and
- 3.3 Participants and performers known to have consumed alcohol and/or other drugs will not be permitted to participate or perform.

4. Maintaining mental health

SDC recognises that the creation of a positive environment that encourages and supports involvement will have a positive effect on the mental health and well-being of individuals and the community. SDC will ensure:

- 4.1 The organisation will support opportunities for staff, audiences and participants to be mentally, physically and socially active
- 4.2 Staff, audiences and participants will be encouraged to join and actively participate in SDC activities and those of partner organisations;
- 4.3 Staff, audiences and participants will be encouraged to become volunteers, to set personal goals for achievement in the activities of the organisation and to be more broadly involved in other community events and environments;
- 4.4 SDC will, where appropriate, reduce or remove economic or social barriers to participation;
- 4.5 All individual and groups, regardless of circumstances, will be treated with respect, equality and openness; and
- 4.6 SDC administrators and dancers recognise they act as role models to the general community and particularly to young people and will take this responsibility seriously.

5. Physical Activity – SDC recognises that participation in regular physical activity has important health and social benefits, and is committed to encouraging safe physical activity participation for its staff, performers, volunteers and audiences. SDC will ensure:

- 5.1 Alternative transport options (including walking, cycling, and public transport) for attendees at organised events and functions will be investigated and promoted;
 - 5.2 Staff and volunteers will be encouraged to use abovementioned alternative transport options;
 - 5.3 Opportunities for physical activity will be integrated into organised events and functions;
 - 5.4 Shower facilities will be provided by SDC and staff will be encouraged to participate in physical activity before/after work or at lunch times; and
 - 5.5 SDC will provide a secure facility for storing bicycles at work and events.
6. Injury Prevention – SDC is committed to the safe participation of dancers and the prevention of injury. SDC will ensure:
- 5.1 Warm up, stretch and cool down routines will be conducted at all training sessions and performances;
 - 5.2 Appropriate first aid training will be available to relevant instructors and equipment will be provided at rehearsal and performance venues; and
 - 5.3 Correct fluid replacement practices will be implemented at all times.

SDC will review this policy annually and ensure all staff, dancers and patrons associated with the Company are aware of the policy. Breaches will be addressed through the management of SDC.

_____	_____
_____	_____



Sample Policy Two

WESTERN AUSTRALIAN INTERNATIONAL FOOTBALL ASSOCIATION (WAIFA)

WAIFA is a large state sporting association responsible for local, regional, state and national teams and competitions. Healthway sponsorship supports the association's annual program with a particular focus on their youth activities. The state body and some regional facilities have bars in their facilities and only a limited number of facilities serve food.

Western Australian International Football Association Policy

1. Smoke Free Policy

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

- 1.1 Adopt and implement a smoke free policy for all indoor venues, outdoor functions and events under WAIFA control and will not sell tobacco products at any WAIFA event;
- 1.2 Ensure affiliated clubs promote their outdoor viewing and spectator areas, or venues, as smoke free.
- 1.3 Implement a smoke free policy for bench, playing areas and changing rooms for all players, coaching staff, referees and other team officials involved in competitions under WAIFA control;
- 1.4 Ensure no WAIFA staff smoke while taking part in any program under the control of WAIFA; and
- 1.5 Actively encourage and support affiliated clubs/associations to either adopt the WAIFA health policy or develop and implement their own health policy.

2. Food and Catering

WAIFA understands and recognises the importance of good nutrition and the role it plays in maintaining health. WAIFA will ensure:

- 2.1 Where food is available at functions and activities conducted by WAIFA, healthy alternatives are readily offered and promoted. This includes the provision of foods low in fat, sugar and salt and foods that are high in fibre with a substantial fruit and vegetable content;
- 2.2 Where drinks are available at functions and activities, healthier alternatives are readily offered and promoted. This includes drinks that contain a low or no sugar content;

- 2.3 Food and drink vouchers and giveaways will only be given for healthy options;
- 2.4 Healthy food and drink alternatives will be competitively priced in relation to less healthy alternatives.

3. Alcohol Policy

In the interest of health and safety WAIFA will actively seek to promote, encourage and support strategies to minimise harm from alcohol and other drug use.

WAIFA will ensure:

- 3.1 Alcohol is served in accordance with the requirements set out in the Liquor Control Act 1988. This includes no alcohol being served to patrons under the age of 18 years or to intoxicated patrons;
- 3.2 The quiet or good order of a neighbourhood is not disturbed by activity occurring at the licensed premises or by patrons in the vicinity of the premises;
- 3.3 Food and tap water is made available where alcohol is served;
- 3.4 Lower strength and non-alcoholic beverages are made available and promoted and are competitively priced;
- 3.5 Excessive or rapid consumption of alcohol is discouraged e.g. no happy hours and drinking competitions;
- 3.6 No more than two alcohol drinks is served to an individual at any time;
- 3.7 Responsible server training is provided for paid staff and volunteers who serve alcoholic drinks;
- 3.8 Alcohol is not used for prizes or awards;
- 3.9 Alcohol consumption by parents, coaches/instructors and other influential personnel is discouraged particularly where young people are involved;
- 3.10 The availability of alcohol will be restricted to suitable and appropriate times e.g. a launch or post event function;
- 3.11 Drinks are served in standard size drink portions and will be served in plastic containers;
- 3.12 Responsible alcohol use is actively promoted and safe transport options are encouraged and promoted at events where alcohol is available;
- 3.13 The irresponsible use of alcohol is not glamorised or promoted and there is no external advertising of the availability of alcohol e.g. promotional signage, tickets; and
- 3.14 Participants known to be under the influence of alcohol are not permitted to participate in training or matches.

4. Maintaining mental health

WAIFA will;

- 4.1 Support strategies that provide opportunities for staff, members and participants to be mentally, physically and socially active;
- 4.2 Proactively support strategies that encourage staff, members and participants to join and actively participate in organisation activities and those of partner organisations;
- 4.3 Proactively encourage staff, members and participants to become a volunteer for the organisation, to set personal goals for achievement in the activities of the organisation and to be more broadly involved in other community events and environments;
- 4.4 Reduce or remove economic or social barriers to participation; and
- 4.5 Encourage staff, volunteers and participants to treat all groups in the organisation and the community with respect, equality and openness.

5. Sun Protection

WAIFA recognises that exposure to ultraviolet (UV) radiation has negative health effects and will therefore introduce measures to minimise exposure.

WAIFA will;

- 5.1 Strongly recommend and support sun safe practices for all activities;
- 5.2 Where possible, encourage activities to be conducted before 10.00am or after 3.00pm to avoid peak UV times;
- 5.3 Ensure shade is utilised to protect participants and spectators;
- 5.4 Encourage staff and members representing the organisation to act as positive role models by adopting sun protection behaviours such as wearing long sleeved shirts, broad brim hats, extra length shorts, sunglasses and applying sunscreen; and
- 5.5 Encourage the use of sunscreen (SPF 30+, broad spectrum water resistant) to all participants and spectators.

6. Injury Prevention

WAIFA is committed to improving the health of its players and coaches through safe participation in sport and physical activity. WAIFA will:

- 6.1 Ensure all players use mouth guards when playing in any WAIFA matches or training sessions;
- 6.2 Promote and encourage the use of protective equipment;
- 6.3 Conduct warm up, stretch and cool down routines at all training and competition sessions;

- 6.4 Ensure members, coaches and officiating personnel are given the opportunity to attend approved training and accreditation courses in sports injury prevention and treatment;
- 6.5 Ensure an appropriately qualified first aid person is in attendance at all training and competition sessions, whenever possible;
- 6.6 Ensure appropriate first aid equipment is made available at all training and competition sessions; and
- 6.7 Encourage correct fluid replacement practices at all training and competition sessions.

7. Safe Drug Use Practices

The health and safety of all participants is WAIFA's primary concern. WAIFA will actively seek to promote, encourage and support strategies to prevent or reduce harm from drug use for all participants at all levels (local, regional, state and national).

WAIFA will:

- 7.1 Ensure that medications are used when needed and according to directions;
- 7.2 Adopt and be guided by the Sports Medicine Australia policy on the administration of medications by non-medical personnel;
- 7.3 Discourage the use of medications during injury/recovery that would enable participants to compete where they would not otherwise have been able to; and
- 7.4 Educate participants through the delivery of drugs in sport information at courses conducted by the WAIFA.

8. Misuse of Drugs or Substances

WAIFA will:

- 8.1 Adopt and abide by the Australian International Football Association Doping Policy;
- 8.2 Provide appropriate education for participants as to the potential harm of using prohibited or banned substances;
- 8.3 Ban the use of illegal or performance enhancing drugs at all WAIFA activities;
- 8.4 Not allow participants under the influence of illegal or performance enhancing drugs to participate in training or matches, in order to prevent harm to themselves and other participants;
- 8.5 Provide drug education to all elite athletes and coaching/administrative staff of state representative teams;

- 8.6 Ensure that athletes with conditions requiring the therapeutic use of drugs that are banned or restricted, have provided adequate and correct notification to the Australian International Football Association; and
- 8.7 Ensure the use of illicit and/or performance enhancing drugs will not be glamorised or promoted.

9. Other

WAIFA will:

- 9.1 Ensure elite athletes act as appropriate role models for junior participants;
- 9.2 Review the health policy annually; and
- 9.3 Ensure breaches of the policy are addressed through WAIFA Management.



Who Can Help?

Other services and agencies that may be useful:

Smoking

Department of Health – information on smoking policies and legislation
www.health.wa.gov.au/tobaccocontrol

Quitline telephone 137 848 (13QUIT) for information and support on quitting smoking.

Youth Smoking - Smarter than Smoking – National Heart Foundation:
telephone 9388 3343, www.OxyGen.org.au

ACOSH - Australian Council on Smoking and Health:
telephone 9212 4300 www.acosh.org

The Cancer Council WA – Make Smoking History Campaign and Fresh Start Program
telephone 9212 4333 www.cancerwa.asn.au

Nutrition/Food Safety

Heart Foundation telephone 9388 3343 or the Heart Foundation's Health Information Service telephone 1300 362 787 www.heartfoundation.org.au

The Cancer Council WA telephone 9212 4333 www.cancerwa.asn.au
or access recipes and ideas at www.gofor2and5.com.au.

WA School Canteens Association telephone 9264 4999 www.waschoolcanteens.org.au
for healthy food products -

Star Choice – Registered Products:
www.waschoolcanteens.org.au/pages/starchoice/01-starchoice.htm

Department of Health WA, Healthy Options WA: Food and Nutrition Policy; Traffic Light Criteria www.healthyoptions.health.wa.gov.au/viitors/traffic_light.cfm

FOODcents program telephone 9212 4352
www.foodcentsprogram.com.au.

Food Safety - Food Safety Section – Department of Health
telephone 9388 4922 for training and information on food safety regulations; www.health.wa.gov.au/envirohealth/food/foodsafety.cfm

Foodsafe – Australian Institute of Environmental Health;
www.foodsafe.aieh.org.au/

Alcohol and Other Drugs

Drug and Alcohol Office www.dao.health.wa.gov.au or www.drugaware.com.au or www.rethinkdrink.com.au or www.bedrugfree.com.au/bedrugfree/index.html

The Alcohol and Other Drugs at the Workplace Guidance Note, produced by Worksafe WA Commission is on their website at www.safetyline.wa.gov.au.

The Alcohol and Drug Information Service (ADIS) telephone 9442 5000 or 1800 198 024 (toll free for country callers for 24-hour telephone service providing confidential information, advice, counseling and referral on alcohol and other drugs problems.

The Parent Drug Information Service (PDIS) telephone 9442 5050 or 1800 653 203 (for country callers) for 24-hour confidential telephone support, counseling, information and referral service for parents.

Health Info (Health Direct) telephone 1300 135 030 for information, referral and mail out of publications. On-line ordering at www.population.health.wa.gov.au/ordering/

Local Government Alcohol Management Package

telephone Drug and Alcohol Office on 9370 0333

Department of Racing, Gaming and Liquor – Information on the Liquor Control Act 1988 and the Responsible Service of Alcohol including training, telephone 9425 1888 www.rgl.wa.gov.au

Sports Medicine Australia, WA Drugs in Sport Strategy, telephone 9285 8033, www.bedrugfree.com.au/bedrugfree/index.html

Mental Health

Mentally Healthy WA telephone 9266 3788

www.actbelongcommit.org.au

Physical Activity

Heart Foundation telephone 9388 3343 www.heartfoundation.org.au

Physical Activity Taskforce telephone 9492 9630 www.beactive.wa.gov.au

Sun Protection

Sun Protection – The Cancer Council WA

The Bureau of Metrology

www.bom.gov.au/products/uvindex_national.shtml

Sports Safety

Sport Safety - Sports Medicine Australia (WA Branch) telephone 9285 8033
www.smawa.asn.au

Sports Medicine Australia (WA Branch) – Information regarding pre-participation forms or the administration of medications by non-medical personnel and information on performance enhancing drugs or anti-doping, telephone 9285 8033

Australian Sports Anti-Doping Agency (ASADA) – Information regarding permitted medications or sport specific anti-doping information, telephone 1800 020 506;
www.asada.gov.au

Injury Prevention - Injury Control Council:
telephone 9420 7212 www.iccwa.org.au

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These policies have been developed in consultation with:

The Heart Foundation – WA Branch

The Alcohol and Other Drugs Program – Department of Health

The Cancer Council WA

Mentally Healthy WA

Sports Medicine Australia – WA Branch

Department of Health WA – Environmental Health

Health **Policies**

Guidelines for Healthway Sponsored Organisations

Healthway

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