



## **PINJARRA GOLF CLUB INC**

### **HEALTHY CLUB POLICY**

This policy applies to all members, administrators, officials, coaches, visitors and volunteers of the Pinjarra Golf Club.

#### **ALCOHOL**

The Pinjarra Golf Club promotes the responsible adult use of alcohol by:

- ✚ Discouraging excessive or rapid consumption of alcohol eg. Happy hours, drinking competitions.
- ✚ Ensuring alcohol is not served to any person who is intoxicated or under the age of 18 years.
- ✚ Promoting lower pricing on low and non-alcoholic drinks.
- ✚ Providing tea and coffee facilities at a reasonable price for patrons.
- ✚ Providing free unbottled water in the bar and from a water fountain situated in the patio area.
- ✚ Providing responsible server training for all paid staff who serve alcoholic drinks in our bar.
- ✚ Providing Standard Drinks guides to all patrons by way of wallet cards, info leaflets, car litter bags and posters displayed around the club house.
- ✚ Providing alternative transport business cards to patrons requiring this service.

#### **OTHER DRUGS**

- ✚ The use of illicit and performance enhancing drugs is not condoned.
- ✚ In the event the club personal have reason to believe a member may be using illicit drugs, we will contact a relevant agency for professional advise on how to manage the situation.

#### **SMOKING**

The Pinjarra Golf Club recognises that smoking and passive smoking are hazardous to health.

We will ensure a smoke-free environment by:

- ✚ Ensuring that all inside areas of the club, including the change rooms, offices, the bar and all club functions are smoke free.
- ✚ Not selling tobacco products on the premises.
- ✚ Prominently displaying no-smoking signage inside the Clubhouse.
- ✚ Prominently displaying signage outside the Clubhouse to ensure compliance of no smoking in areas within 5 metres of open doors and windows.

#### **SUN PROTECTION**

The Pinjarra Golf Club will take all reasonable steps to address sun safe practices by:

- ✚ Ensuring that adequate shade is provided.
- ✚ Providing and sell sunscreen to members and participants.
- ✚ Following the Cancer Councils WA guidelines for SunSmart clothing and hats.

## **SPORTS SAFETY**

The Pinjarra Golf Club 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 playing and training.
- ✚ Promoting the use of protective clothing and footwear.
- ✚ Providing safe playing surfaces, first aid equipment including a defibrillator heartstart machine and oxyport and have an accredited First Aider at all competitions. Also have an emergency procedure in place.
- ✚ Ensuring adequate public liability and players insurance for all members.
- ✚ Encouraging all players with a prior or current injury to seek professional advise.

## **HEALTHY EATING**

The Pinjarra Golf Club recognises the importance of good nutrition for sports performance by:

- ✚ Ensuring when food is provided, health alternatives in accordance with the Dietary Guidelines for Australia Adults are available.
- ✚ Promoting good nutrition and healthy eating messages.
- ✚ Provide a variety of home cooked meals displayed in the fridge.

## **NON COMPLIANCE STRATEGY**

The following four step non-compliance strategy will be followed if anyone breaches the Pinjarra Golf Club healthy club policy

1. Assume that the person is unaware of the policy
2. A staff 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 (ie someone continues to smoke in a smokefree area or is intoxicated) the most senior staff member will verbally warn them again and hand over a formally written letter. The letter will outline the health club policy and state that if the persons continues the behaviour they will be asked to leave.
4. If the offence does continue then the patrons will be escorted out of the facility by staff and/or a senior club representative.

## **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 players, 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 committee.

Thank you for your co-operation

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PRESIDENT

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DATE