



## Joondalup City Football Club

PO Box 3256  
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[www.jcfc.com.au](http://www.jcfc.com.au)



## HEALTH POLICY

### SMOKING

**Joondalup City Football Club recognises that smoking and passive smoking are hazardous to health. Joondalup City Football Club will ensure a smoke free environment by:**

- Ensuring all areas occupied & used by Joondalup City Football Club within the Beaumaris Sports Association facility, including changing rooms, offices and all club functions are smoke-free.
- Prominently displaying non-smoking signage

### ALCOHOL

**Joondalup City Football Club will promote a friendly, safe and enjoyable environment, free from alcohol at all junior events. Joondalup City Football Club will promote responsible adult use of alcohol at any adult social events.**

**Joondalup City Football Club will promote the responsible adult / parent use of alcohol by:**

- Outlaw any persons taking alcoholic beverages anywhere near the playing surfaces on the oval.
- Promoting low and non-alcoholic drinks to parents.
- Discouraging guests, spectators & parents from drinking alcoholic drinks while sports are being played.
- Not allow participants under the influence of alcohol to participate in training or matches, in order to prevent harm to themselves and other participants.

### OTHER DRUGS

**Joondalup City Football Club takes the following position in regards to drugs & medication:**

- Joondalup City Football 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 drugs and performance enhancing drugs is not permitted by any Joondalup City Football Club members or patrons.
- Joondalup City Football Club will adopt and be guided by the Sports Medicine Australia policy on the administration of medications by non-medical personnel.

### SUN PROTECTION

**Joondalup City Football Club will take reasonable steps to address sun safe practices where possible by:**

- Scheduling activities outside the hours of 10.00am to 3.00pm where possible.
- Making maximum usage of existing shade facilities.
- Following the Cancer Foundation of Western Australia guidelines for SunSmart clothing, use of sunscreen and wearing of hats where practical.

## **SPORT SAFETY**

**The safety of all members is our primary concern. Joondalup City Football Club will actively seek to promote, encourage and support SportSafe strategies for all training and games at all levels throughout the Club.**

**Joondalup City Football Club will encourage all members to adopt practices that seek to prevent injury by:**

- Encouraging warm-up, cool-down and stretching as an important component of playing and training.
- Promoting the use of protective equipment including shin guards, mouthguards, suitable clothing and footwear.
- Providing safe playing surfaces, first aid equipment and accredited First Aiders/Sports Trainers at training sessions and competition matches.
- Subsidise Coaches to attend courses in the correct supervision of the sport for juniors & the environment they participate in.
- 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.
- Encourage senior players, coaches, officials and parents to be sports safety role models and to be aware of their roles and responsibilities.
- Advise players to replace fluids before, during and after training and competition sessions, and to have their own water bottle.
- Encourage any player who has an illness or serious injury to seek a medical Clearance before returning to training and competition.
- Ensuring adequate public liability and player insurance of all members.

## **HEALTHY EATING**

**Joondalup City Football 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.
- Adult players, coaches and club members are expected to set appropriate examples and act as role models for junior club members.
- Joondalup City Football Club will make information available to club members and families to promote healthy lifestyles.

**Breaches of the policy will be addressed through the Club Committee.**

Anyone wishing to discuss any aspect of this policy is invited to contact any members of the committee.

Thank you for your co-operation.