



Healthy Club Policy

South Shore Swimming Club adopts in full the Swimming WA Healthy Club Policy, below (1.). Additional, Club-specific policy elements are also included (2.).

1. Swimming WA Healthy Club Policy

Substitute “South Shore Swimming Club” for “Swimming WA” where applicable

Tobacco Policy

Swimming WA recognizes that smoke free environments protect non-smokers from the harmful effects of environmental tobacco smoke (ETS) and contribute to reducing tobacco consumption levels. Swimming WA will encourage quitting attempts and discourage the uptake of smoking particularly by young people.

- All indoor and outdoor pool environments including participant and audience areas are 100% smoke free.
- All functions (including presentation evenings, meetings, and sponsorship VIP events) will be 100% smoke free.
- All venues where the sponsored programs and events are held will be 100% smoke free.
- Tobacco products will not be sold on any premises under the control of Swimming WA.
- Any person either employed by or representing Swimming WA in any capacity will refrain from smoking at any official engagement or activity related to the sponsored program.
- This “No Smoking” policy will extend to all members at all times when wearing Swimming WA and / or sponsorship apparel.

Food and Catering Policy

Swimming WA understands and recognizes the importance of good nutrition and the role it plays in maintaining and improving health.

- Where food is available at functions and activities, healthy alternatives will be served.

Alcohol and Other Drugs Policy

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

- The use of illicit, banned substances and performance enhancing drugs will be managed in accordance with the Australian Sport Drug Agency Doping Policy.
- At all functions, lower strength alcohol and non-alcoholic beverages will be available.
- Water will be freely and readily available.
- Alcohol will be served in accordance with the requirements set out in the Liquor Licensing Act 1998. This includes no alcohol being served to patrons under the age of 18 years or to intoxicated persons.
- Excessive or rapid consumption of alcohol will be discouraged.

Sun Protection Policy

Swimming WA recognizes that exposure to ultraviolet radiation (UVR) has negative health effects and will therefore introduce measures to minimize exposure.

- Swimming WA strongly recommends and supports sun safe practices for all activities.
- Activities should be conducted outside the hours of 10:00am and 3:00pm when UVR is at its peak whenever possible.
- Natural shade will be utilized to protect participants and spectators wherever possible.
- Staff and members representing Swimming WA will always act as positive role models by adopting sun protection behaviours, such as wearing long sleeved shirts, extra long shorts, sunglasses and applying sunscreen.

Sports Safe Policy

Swimming WA is committed to improving the health of the community through safe participation in sport and physical activity.



Healthy Club Policy

- Warm up, stretch and cool down routines will be defined in the program for all Swimming WA meets. Swimmers and coaches will ensure that these are carried out.
- An appropriate qualified first aid person will be in attendance at all training and competitions sessions.
- Appropriate first aid equipment shall be available during all warm up periods and competition sessions.

Volunteer Welfare Guidelines

Swimming WA and Clubs hosting sanctioned competition are required to follow the volunteer welfare policy, which includes:

- Refreshments (including water and electrolytes) to be served hourly while volunteers are on pool deck;
- Volunteers are required to have a ten minute every two (2) hours and a twenty (20) minute break for a meal after four hours;
- Volunteers are limited to volunteering ten hours per day unless a significant break (minimum two hours) occurs during the day.
- Minimum of twelve officials appointed to the meet including Referee, Starter, four Judge of Strokes and four in marshalling area, two additional for rotation.

Additional requirements for competitions held in an outdoor pool:

- Esky with cool drinks readily available at each end of the pool
- Sunscreen should be provided at the start of each day and available throughout the day;
- Shaded area is required for breaks;
- Shade (i.e. umbrellas) and seating available along the pool for judge of stroke.

2. Club Specific Policy Elements

South Shore members are expected to abide by the health and safety requirements of Melville LeisureFit and any other training / competition facilities they attend.

In particular, any health and/or safety issues or events must be reported via the Incident Report system at Melville LeisureFit. This can be done by contacting the Lifeguard or the Duty Manager as soon as practicable following an incident. Request first aid if required and tell the LeisureFit staff member that you want to fill out an Incident Report form.

The Club President should also be notified if an Incident Report is raised.

3. Revision History

Revision	Comment / Changes	Approved
V0	New document. Replaces previous "Health Promotion Policy".	2018