

STADIUM MASTERS SWIMMING CLUB Inc.

HEALTHY CLUB POLICY

Stadium Masters Swimming Club seeks to follow the National Safety Policy of Masters Swimming Australia, specifically:

Smoking

Stadium Masters Swimming Club (Inc) recognises that smoking and passive smoking are hazardous to health. We seek to promote a smoke-free environment by:

- arranging as far as possible that all club functions are smoke-free.

Alcohol

Stadium Masters has members who are at least 18 years of age. The club doesn't have premises and rarely serves alcohol. However, the club promotes the responsible service of alcohol by:

- Discouraging excessive or rapid consumption of alcohol e.g., happy hours.
- Seeking to ensure that alcohol is not served to any person who is intoxicated or under the age of 18 years.
- Providing clear instruction on responsible service of alcohol to volunteers who serve alcoholic drinks at club functions and events.

Other Drugs

Stadium Masters 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 club does not condone the use of illicit drugs and performance-enhancing drugs by any Stadium Masters member or patron.
- The club adopts and is guided by the Sports Medicine Australia policy on the administration of medications by non-medical personnel.

Sun Protection

Stadium Masters takes all reasonable steps to address sun safe practices by:

- Following the Cancer Council of Western Australia guidelines for SunSmart clothing and hats and the Heat policy contained in MSA's National Safety Policy (Appendix A)
- Ensuring that sunscreen is always available in the club's swim cage, and accessible to members
- Reminding swimmers to take appropriate protection for prevailing weather conditions e.g., apply sunscreen, wear a rash vest when swimming in sun, wear a hat, etc.

COVID-19

- Stadium Masters follows the WA Health Department recommendations in relation to COVID-19 (ww2.health.wa.gov.au). Social distancing where possible and good personal hygiene including hand sanitisation are recommended.

Sports Safety

Stadium Masters encourages all members to adopt practices designed to prevent injury by:

- Providing workshops on nutrition for swimming and injury prevention.
- Reminding members on the need to hydrate before a swim session and remain hydrated during and after the session.
- Encouraging swimmers to use a water bottle during training sessions.
- Assessing new members to ensure capability for respective program levels.
- Ensuring proper pool etiquette to avoid injuries by collision etc.
- Encouraging warm-up, stretching and cool-down as important components of competing and training.
- Providing first aid equipment in the club's swim-cage.
- Ensuring adequate members' insurance for all members.

- Encouraging all swimmers with a prior or current injury or medical condition to seek professional advice from a sports medicine or other medical professional before starting or returning to swimming.
- Ensuring that coaches are accredited for coaching and resuscitation and reimbursing fees for re-qualification.
- Appointing a Safety Officer to monitor the swim environment at all club events, including availability of records of medical conditions and contact details for next of kin.
- Following Masters Swimming Australia's National Safety policy for inter-club meets regarding minimum medical standards and warm-up and swim-down procedures.

Healthy Eating

Stadium Masters recognises the importance of good nutrition for sports performance by:

- Taking reasonable steps to ensure that when food is provided, healthy alternatives are available in accordance with the *Dietary Guidelines for Australian Adults*.
- Promoting good nutrition and healthy eating messages.

Promotion and administration of Healthy Club Policy

1. The club makes information to promote healthy lifestyles available through:
 - Its newsletter, and other communications to club members and families.
 - Healthy Club messages in media releases and announcements at club events.
2. Committee and Coaches are expected to set appropriate examples.
3. Breaches of the policy will be addressed through the Club Committee.
4. This policy shall be reviewed annually in accordance with guidelines from Sports Medicine Australia, Healthway, and Masters Swimming Australia National Safety policy.
5. Anyone wishing to discuss any aspect of this policy is invited to contact any members of the committee.

Recent record of document approval and revision

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