



## HEALTHY CLUB POLICY

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### Healthy Club Policy for The Para Hills United Soccer Club Inc

#### Smoking

The Para Hills United Soccer Club recognises that smoking and passive smoking are hazardous to health. We will ensure a smoke free environment by:

- Ensuring all areas of the club, including the change rooms, the canteen veranda area and all club functions are smoke free.
- Prominently displaying non-smoking signage.
- No smoking around the children that are training
- Stand at least 10 meters back from the sidelines at all games held at The Paddocks whilst smoking.
- We would like to ask all our members/spectators to please abide to these requests

#### Alcohol

The Para Hills United Soccer Club will promote the responsible adult use of alcohol by:

- No consumption of alcohol is permitted at any junior soccer games or training sanctioned by the Elizabeth and Districts Junior Soccer Association.
- Alcohol is permitted on the sidelines of FFSA games, but must be consumed in moderate amounts.
- NO GLASS is to be bought on to The Paddocks Ovals, only plastic cups and plastic bottles are permitted. This is a council stipulation in our lease agreement with The City Of Salisbury Council.
- No alcohol is to be purchased at the adjacent Community Club and bought out onto the ovals.
- Alcohol is permitted at the clubs Presentation Day in October adhering to the above rulings

#### Drugs

- The use of illicit drugs and performance enhancing drugs is not permitted by any Club members or patrons.
- No drugs are to be bought into our clubs buildings or on our licenced pitch areas.

- Members that have evidence of drugs on them or in their bags or have been consuming drugs whilst training or games will be asked to leave the premises.

### **Sun Protection**

The Para Hills United Soccer Club will take all reasonable steps, where possible, to address sun safe practices by:

- By adhering to all Heat Policies enforced by EDJSA and FFSA.
- Making maximum usage of existing shade facilities
- Following the Cancer Council South Australia guidelines for SunSmart clothing, use of sunscreen and wearing of hats.

### **Sport Safety**

The Para Hills United Soccer 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 equipment including shin pads, suitable clothing and footwear.
- Providing safe playing surfaces, first aid equipment.
- Ensuring adequate public liability.
- 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.
- A letter of clearance from your Doctor is required for you to return to club training and games following a injury.

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.

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President

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Date