



BOWLS
WESTERN AUSTRALIA

POLICY STATEMENT

HEALTHY SPORT POLICY

Approval Date : 18 August 2008

Amendment Date 1 July 2011

Reviewed Date: 5 August 2014

Bowls WA Healthy Sport Policy

This document has been developed to demonstrate the commitment of Bowls WA to the health and well being of members, staff and supporters. The information set out below will be used to ensure the activities of Bowls WA are conducted in a safe and healthy sport environment.

Tobacco Policy

BowlsWA recognises that smoke free environments protect non-smokers from the harmful effects of tobacco smoke and contribute to reducing tobacco consumption levels. *Bowls WA* will also encourage quitting attempts and discourage the uptake of smoking, particularly by young people. Smoking is prohibited on the Bowls WA Headquarters, which includes the land area up to the boundaries on which any Bowls WA Headquarters are located.

- All official functions under the control of BWA at Bowls WA Headquarters (including dinners, receptions, presentations, fundraising events, meetings, and social occasions) will be 100% smoke free;
- Tobacco products will not be sold by *Bowls WA*.
- *Bowls WA* (whether directly or through a third party) will not receive money, other benefits or have arrangements with the tobacco industry (including sales, promotion or distribution of tobacco products);

Note: Bowling Clubs affiliated with Bowls WA are independent bodies and as such, Bowls WA has limited control to enforce a Smoke Free environment. BWA will continue to work with clubs to introduce and adopt smoke free environments and policies.

Food and Catering Policy

Bowls WA understands and recognises the importance of good nutrition and the role it plays in the maintenance of good health and well being. *Bowls WA* also recognises that the provision of healthy food choices encourages healthy eating and helps to prevent ill health.

- *Bowls WA* will increase the range and availability of healthy food and drink options available at events and at premises under *Bowls WA* control;
- Food and beverage vouchers and giveaways will only be given for healthy options; and
- *Bowls WA* will only support fundraising activities involving food or drink items that meet *Bowls WA's* food and catering policy guidelines.

Functions and activities

- Where food is available, healthy alternatives will be offered and promoted. This includes the provision of foods low in fat, sugar and salt and foods that are high in fibre with a substantial fruit and vegetable content;
- Where drinks are available, healthier alternatives will be readily offered. This includes drinks with low/no sugar content; and
- Water will always be available.

Food outlets

- Healthy food and drink options will be promoted at point of sale at food outlets within *Bowls WA* control;
- *Bowls WA* will reduce unhealthy food and drink options in food outlets under its control;
- Healthy food and beverage alternatives will be competitively priced in relation to less healthy alternatives;

- Appropriate training will be available for paid staff and volunteers e.g. Food Safe Handling Program;
- Where food vendors are required, *Bowls WA* will source vendors that provide healthier food and drink alternatives;
- Where food and drinks are provided 'on site' by providers contracted by *Bowls WA*:
 - Compliance with the policy will be a condition of any new food supply or catering contract and related leases;
 - Compliance with the policy will be included in any contracts or related leases renegotiated or renewed; and
 - Existing contractors should be informed of the new policy and encouraged to comply.

Alcohol and Drugs Policy

Bowls WA is committed to supporting and promoting strategies to prevent drug use and to reduce the risk of harm associated with drug use.

- Participants/performers known to be under the influence of illicit drugs will not be permitted to participate or perform;
- Use of illicit drugs will not be glamorised or promoted;
- The use of illicit and performance enhancing drugs will not be allowed at any activities or events, or in any areas under the control of *Bowls WA*;
- *Bowls WA* will abide by the WA Government Drugs in Sport legislation and the Australian Sport Anti-Doping Authority (ASADA) legislation; and

Bowls WA is committed to ensuring responsible service of alcohol and supporting and promoting strategies to minimise harm from alcohol use. *Bowls WA* will ensure compliance with all relevant policy guidelines constructed by the WA Director of Liquor Licensing.

- Where alcohol is available, *Bowls WA* will work with clubs to:
 - Encourage the provision of lower strength and non-alcoholic beverages that are promoted and competitively priced;
 - Encourage the service of alcohol in accordance with the requirements set out in the Liquor Control Act 1988. This includes no alcohol being served to patrons under the age of 18 years or to intoxicated patrons;
 - Discourage excessive and/or rapid consumption of alcohol e.g. no happy hours and drinking competitions;
 - Provide responsible server training for paid staff and volunteers who serve alcoholic drinks,
 - Encourage the provision of food and tap water;
 - Discourage alcohol consumption by parents, coaches/instructors and other influential personnel, particularly where young people are involved;
 - Encourage restricting the availability of alcohol to suitable and appropriate times e.g. a launch or post event function;
 - Encourage the service of drinks in standard size drink portions and plastic containers, particularly for outdoor events;
 - Encourage and actively promote responsible alcohol use and safe transport options for patrons at events where alcohol is available;
 - Discourage the glamorisation or promotion of irresponsible alcohol use
 - Discourage the use of alcohol for prizes or awards.

Mentally Healthy Policy

Bowls WA recognises that the creation of a positive environment that encourages and supports involvement will have a positive effect on the mental health and well-being of individuals and the community.

- *Bowls WA* will support opportunities for staff, audiences and participants to be mentally, physically and socially active;

- Staff, audiences and participants will be encouraged to join and actively participate in the activities of *Bowls WA* and those of partner organisations;
- Staff, audiences and participants will be encouraged to become volunteers, to set personal goals for achievement in the activities of *Bowls WA* and to be more broadly involved in other community events and environments;
- *Bowls WA* will try to reduce or remove economic or social barriers to participation;
- Staff, volunteers and participants will be encouraged to treat all individuals and groups with respect, equality and openness; and
- *Bowls WA* will proactively address instances of bad practice and proactively reward instances of good practice.

Physical Activity Policy

Bowls WA recognises that participation in regular physical activity has important health and social benefits and is committed to encouraging safe physical activity participation for its staff, members, participants, performers, volunteers and audiences.

- Members/employees will be encouraged to make active choices (e.g. walking, cycling or taking public transport all or part of the way to the venue, using the stairs instead of the lift) and through the use of promotional and motivational resources;
- *Bowls WA* will integrate opportunities for physical activity into organised events and functions. This includes investigating and promoting (where appropriate) alternative transport options (including walking, cycling, and public transport) for attendees;
- Opportunities for employees to be active during their lunch break or before/after work will be encouraged. This includes the provision of showering and/or changing facilities and secure facilities for storing bicycles; and
- *Bowls WA* will provide some flexibility in working hours so that members and staff may integrate exercise into their daily routine.

Sun Protection Policy

Bowls WA recognises that exposure to ultraviolet (UV) radiation has potential negative health effects and will therefore support sun safe practices and introduce measures to minimise exposure.

- Staff and members representing *Bowls WA* will always act as positive role models by adopting sun protection behaviours such as wearing hats, long sleeved shirts, extra length shorts, sunglasses and sunscreen;
- All uniforms and clothing provided for *Bowls WA* members and staff will comply with fabric standards recommended by The Cancer Council WA; and
- Sunscreen (SPF 30+, broad spectrum water resistant) will be made available to participants and spectators. However, when this is not possible these parties will be encouraged to bring their own.

Injury Prevention Policy

Bowls WA recognises that an unsafe environment has the potential to negatively impact on the health and well-being of individuals and the community and will therefore introduce measures to prevent injury and promote safety.

- Members, staff and officials will be given the opportunity to attend approved training and accreditation courses in first aid;
- Appropriate first aid equipment will be made available at all training and competition sessions;
- Correct fluid replacement practices will be implemented at all training and competition sessions;
- Consideration will be given to the environmental conditions (heat, cold, playing and surface conditions) when conducting training and competition sessions. Where

appropriate, separate policies covering the conduct of events/participating in adverse weather conditions, should be developed (See General Conditions of Play);

- Sports Medicine Australia's policies and guidelines on blood and infectious diseases, pregnancy and sports participation, and children in sport will be adopted where appropriate;
- Warm up, stretch and cool down routines will be conducted at all training and competition sessions; and

Other

All staff and volunteers representing *Bowls WA* will be made aware of the health policy. Any breaches will be addressed through management.

This health policy applies to all activities under the control of *Bowls WA* and will extend to representatives of Western Australia who travel outside the State.

Bowls WA will actively encourage and support affiliated clubs and associations in the metropolitan and regional areas to either adopt the *Bowls WA* health policy or develop and implement their own suitable policies.

All *Bowls WA* health policies referred to in this document will be made publicly available to all staff, members and participants on the *Bowls WA* website www.bowlswa.com.au

This policy will be reviewed annually.