



## **POLICY STATEMENT**

### **HEALTHY SPORT POLICY**

**Approval Date :** 18 August 2008

**Reviewed Date:** 22<sup>nd</sup> December 2023

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 and Vaping Policy**

*Bowls WA* recognises that smoke free environments protect non-smokers from the harmful effects of smoke and contribute to reducing consumption levels. *Bowls WA* will also encourage quitting attempts and discourage the uptake of smoking and vaping, particularly by young people. Smoking and vaping 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 and Vaping 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 industry (including sales, promotion or distribution of tobacco/vaping 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.

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- 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;
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- 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 known to be under the influence of illicit drugs will not be permitted to participate;
- 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 Sport Integrity Australia National Integrity Framework (NIF) 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,;
  - 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 , coaches/managers and other influential *Bowls WA* 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

### **Mentally Healthy Policy**

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

- *Bowls WA* will support opportunities for staff and participants to be mentally, physically and socially active;
- Staff and participants will be encouraged to join and actively participate in the activities of *Bowls WA* and those of partner organisations;

- Staff 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 and volunteers..

- Members/employees will be encouraged to make active choices (e.g., 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;
- 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
- *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 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 50+, 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.

- 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);
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- Warm up, stretch and cool down routines will be conducted at all training and competition sessions.

### **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 and members on the *Bowls WA* website [www.bowlswa.com.au](http://www.bowlswa.com.au)

This policy will be reviewed annually.