



## **HENSMAN PARK TENNIS CLUB**

### **HEALTHY CLUB POLICY**

#### **SMOKE FREE POLICY**

Hensman Park Tennis Club recognises that passive smoking is hazardous to health and that non-smokers should be protected from the involuntary inhalation of tobacco smoke.

Accordingly, the following policy devised by Hensman Park Tennis Club applies to all venues and functions. This policy applies to all members and visitors of the Hensman Park Tennis Club.

- Smoking and vaping is prohibited within all areas of the Club, including the bar.
- All functions held at Hensman Park Tennis Club will be smoke free and no ashtrays will be placed anywhere in the building.
- No cigarettes will be sold on the premises.
- Appropriate non-smoking signage will be displayed within the club.
- This policy will be actively promoted in Club newsletters and on notice boards.
- Coaches and Board members are encouraged to act as positive role models for the smoke free message, particularly whilst with Juniors.

#### **RESPONSIBLE SERVICE OF ALCOHOL**

Hensman Park Tennis Club recognises the right of every individual to enjoy themselves in a safe, sociable, reliable and legal environment. With this in mind, the following policy has been formulated which reinforces the Liquor Licensing Act 1998 and includes specific requirements. This policy will not only help us adhere to Liquor Licensing requirements, but will also facilitate a friendly, safe and enjoyable environment.

The serving of alcohol:

- Will be served in accordance with the requirements set out in the Liquor Licensing Act 1998.
- Serving personnel discourage any activity that promotes excessive or rapid consumption of alcohol.
- The supply or sale of alcohol to people aged under 18 is prohibited.
- We will ensure the quiet or good order of the local neighbourhood is not frequently disturbed by activities occurring at the Club or by patrons in the vicinity of the premises.
- Alcohol must be served in a responsible manner.
- Drinking water is freely available.
- Low-alcohol, non-alcoholic beverages and food are made available and promoted by servers.
- Alcohol is only served in standard drink sizes.

## **DRUG POLICY**

The use of illicit drugs and performance enhancing drugs is not permitted by any Hensman Park Tennis Club member or patron.

## **SUN PROTECTION POLICY**

Hensman Park Tennis Club will take all reasonable steps to address sun safe practices by, wherever possible:

- Scheduling activities outside the hours of 10.00am to 3.00pm eg. Night tennis, Twilight tennis.
- Abiding by the *Tennis Australia Extreme Weather Policy*.
- Making maximum usage of existing shade facilities.
- Following the Cancer Foundation of Western Australia guidelines for SunSmart clothing, use of sunscreen and wearing of hats.
- Encouraging players to protect their eyes by wearing sunglasses that meet Australian Standards.
- Making available SPF 30+ broad spectrum water resistant sunscreen in ready use dispensers at the match office.
- Prominently displaying the sun protection policy.

## **SPORT SAFE POLICY**

Hensman Park Tennis Club will encourage all members to adopt practices that seek to prevent injury by:

- Promoting the use of protective equipment including suitable clothing and footwear.
- Providing safe playing surfaces which are regularly inspected, free unbottled water (drink fountains) and first aid equipment at all training sessions and competition matches.
- Encouraging adequate public liability and player insurance of all members.

## **HEALTHY FOOD POLICY**

Hensman Park Tennis Club recognises the importance of good nutrition for sports performance by:

- Ensuring when food is provided, healthy alternatives are available eg. salads with sausage sizzles.
- Displaying information on good nutrition and sports performance eg. pamphlets and flyers.

Adult players, coaches and Club members are expected to set appropriate examples and act as role models for Junior club members.

The Club will make information available to club members and families to promote healthy lifestyles.

**Breaches of the Hensman Park Tennis Club Healthy Club Policy will be addressed through the Hensman Park Tennis Club Board of Directors.**

**Anyone wishing to discuss any aspect of this policy is invited to contact any member of the Board. Thank you for your co-operation.**