

Gold Coast District Cricket Club

Healthy Club Policy



This policy applies to all members, management committee, coaches, players, visitors and volunteers of the Gold Coast District Cricket Club. This policy is a by-law in the context of The Constitution of the Gold Coast District Cricket Club.

1. Alcohol

The Gold Coast District Cricket Club is committed to ensuring responsible service of alcohol and supporting and promoting strategies to minimise harm from alcohol use. Where alcohol is available:

- No alcohol will be served to patrons under the age of 18 years or to intoxicated patrons
- Responsible server training will be provided for all members who serve alcoholic drinks
- Lower strength and non-alcoholic beverages will be available
- Safe transport options for patrons will be encouraged
- Food will be made available
- Tap water will be made available free of charge

2. Other Drugs

The Gold Coast District Cricket Club is committed to supporting and promoting strategies to prevent drug use and to reduce risk of harm associated with drug use.

- The use of illicit and performance enhancing drugs will not be allowed in any area under the control of the Gold Coast District Cricket Club
- Use of illicit drugs will not be glamorised or promoted

3. Smoking

The Gold Coast District Cricket Club recognises that smoke free environments protect non-smokers from the harmful effects of tobacco smoke and contribute to reducing tobacco consumption levels.

- Tobacco products will not be sold by the Gold Coast District Cricket Club
- All indoor areas of the Gold Coast District Cricket Club, including the change rooms, clubrooms and bar are permanently smoke free

4. Sun Protection

The Gold Coast District Cricket Club recognises that exposure to UV radiation has potentially negative health effects and will therefore support sun safe practices and introduce measures to minimise exposure.

- Permanent shade has been extended from our clubrooms to provide shade for spectators
- Temporary shade structures are available for use on training and/or match days
- Gold Coast District Cricket Club hats will also be available to purchase
- Sunscreen will be made available to participants and spectators

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5. Sports Safety

The Gold Coast District Cricket Club 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

- Appropriate first aid equipment will be made available at all training and competition sessions
- Warm-up, stretch and cool down routines will be conducted at all training and competition sessions.

6. Healthy Eating

The Gold Coast District Cricket Club understands and recognises the importance of good nutrition and the role it plays in the maintenance of good health and well-being.

- Tap water will always be provided free of charge
- Healthy food and drink alternatives will be competitively priced in relation to less healthy alternatives

7. Non-Compliance Strategy

The following four step non-compliance strategy will be followed if anyone breaches the Gold Coast District Cricket Club healthy club policy.

1. Assume the person is unaware of the policy
2. A staff member or club representative will approach the person breaching the policy and ask them to refrain from the behaviour and remind them about the policy
3. If an offence continues, the most senior club member will verbally warn them again and hand over a formally written letter. The letter will outline the healthy club policy and state that if the person continues the behaviour they will be asked to leave
4. If the offence continues, then the patron will be escorted out of the Clubrooms by a senior club member

8. Policy Review

This policy will be reviewed six months after its introduction and then on an annual basis thereafter. This will ensure that the policy remains current and practical. Adult players, coaches and club members are expected to set appropriate examples and act as role models for junior club members. The Gold Coast District Cricket Club will make information available to club members and families to promote healthy lifestyles. Anyone wishing to discuss any aspect of this policy is invited to contact any of the members of the Management Committee.

Thank you for your cooperation

Introduction date: 1 July 2016