



ASSOCIATES RUGBY UNION FOOTBALL CLUB
ALLEN PARK SWANBOURNE
"The Heart of Rugby in W.A."



ASSOCIATES RUFC HEALTH POLICY.

DRUGFREE POLICY.

Associates RUFC will actively seek to promote, encourage and support strategies to minimise harm from all drug use for all participants at all levels.

Safe drug use practices.

Where possible Associates RUFC will:

- ensure that medications are used only when needed and according to directions
- adopt and be guided by the Sports medicine Australia Policy on the use of drugs
- discourage the use of medications in respect of injury/recovery that would enable a player to compete where otherwise they would not be able.

Moderate Alcohol Consumption and Smoke Free Environment.

Associates RUFC will promote, encourage and support strategies to minimise harm from alcohol and other drug use. Where possible we will:

- ensure that alcohol is served in accordance with the requirements set out in the Liquor Licensing act including
- not selling or supplying alcohol to an intoxicated person
- not serving to intoxication
- not allowing the sale or supply of alcohol to people under 18
- ensure that alcohol is served in a responsible manner
- discourage the rapid consumption of alcohol
- provide food, water, and non-and low alcohol alternatives. Tap water freely available and free of charge.

Associates RUFC recognise the need for a smoke-free environment to protect non-smokers from the harmful effects of smoke.

- All indoor environments, functions and events under the control of the Club are 100%smoke-free.
- A smoke-free policy exists for bench areas and changing rooms for players, coaching staff, referees and other team officials.
- Tobacco products will not be sold on the premises.

MISUSE OF DRUGS OR SUBSTANCES.

Associates RUFC will:

- adopt and abide by Australian Rugby's Doping Policy
- provide appropriate education for participants as to the potential harm of using prohibited substances
- ban the use of illegal drugs at all Associates activities
- not allow participants under the influence of alcohol and/or illegal drugs to participate in training or matches in order to prevent harm to themselves and other participants
- encourage older players to behave as appropriate role models for junior participants.

ASSOCIATES RUFC SPORTS SAFE POLICY.

Associates RUFC is committed to improving the health of its players and coaches through safe participation in sport and physical activity.

- Mouthguards are mandatory for all players competing in school and junior competitions. The mouthguard policy is promoted and enforced at this level. All players at all levels are encouraged to use mouthguards.
- Opportunity is provided at the club for the fitting and purchase of mouthguards.
- The use of other protective equipment is promoted and encouraged where appropriate.
- Warm-up, stretch and cool-down routines are conducted at all training and competition sessions.
- Members, coaches and officiating personnel are given the opportunity to attend Sports Medicine Australia training and accreditation courses in sports-injury prevention and treatment.
- In order to maintain a high standard of coaching and safety, all coaches working with Associates must attend a compulsory SmartRugby safety seminar.
- An appropriately qualified first-aid person will attend all competition sessions and at training sessions whenever possible.
- Appropriate first-aid equipment will be available at all training and competition sessions.
- Correct fluid-replacement practices are encouraged at all training and competition sessions. Sharing of water bottles is discouraged and players are encouraged to provide their own water bottles.
- Free sports-drink is made available at training sessions and games.

Associates RUFC refers to and is guided by the Sports Medicine Australia Infectious Diseases Policy.

ASSOCIATES RUFC FOOD AND CATERING POLICY.

Associates RUFC understands and recognises the importance of good nutrition and the role it plays in maintaining and improving health. To reflect this position, RUGBY WA will continue to ensure that healthy alternatives are available at any function or venue under its control at which food is offered. Such healthy alternatives include the provision of foods low in fat, high in fibre and with a substantial fruit and vegetable content.

ASSOCIATES RUFC SUN PROTECTION POLICY.

Associates RUFC recognises that exposure to ultraviolet radiation (UVR) has negative health effects and will therefore provide practical measures to minimise exposure. Associates RUFC:

- strongly recommends and supports sun safe practices for all activities
- will encourage the use of shade (both natural and man-made) to protect participants and spectators to the fullest extent possible
- will ensure staff members representing the organisation act as positive role-models by adopting sun protection behaviours including wearing long-sleeved shirts, wide-brimmed hats, sunglasses and sunscreen during outdoor activities, where appropriate
- will provide sunscreen (SPF 30+, broad-spectrum water-resistant) for use by all participants and spectators. A shade-tent is provided for the use of physios etc.

ASSOCIATES RUFC will:

- ensure players, Club officials, volunteers and staff act as appropriate role-models to the broader rugby community and particularly to junior participants
- review this Health Policy on an annual basis.