



SPRINGDALE OVAL
POSTAL ADDRESS: 29 ELLIS ROAD,
MOUNT NASURA, WA 6112
WWW.ROLEYSTONEDIAMONDSPORTS.COM



Healthy Club Policy

This policy applies to all members, administrators, officials, coaches, players, visitors and volunteers of the Roleystone Diamond Sports Inc.

This policy is effective from 1 January 2025.

SMOKING

Roleystone Diamond Sports Inc. recognises that smoking and passive smoking are hazardous to health. We will ensure a smoke free environment by:

- Ensuring all indoor areas of the club including the balcony and also the entire playing surface of Springdale Park remain smoke free. If you must smoke please use the sealed car park away from bush land.
- Prominently displaying no-smoking signage.

SUN PROTECTION

Roleystone Diamond Sports Inc. will take all reasonable steps to address sun safe practices by:

- Scheduling activities (where possible) outside the hours of 10am to 3pm.
- Ensuring adequate shade is provided.
- Following The Cancer Council Western Australia guidelines for SunSmart clothing and hats.
- Encouraging all of our players to apply sunscreen before and during games.

SPORTS SAFETY

Roleystone Diamond Sports Inc. will encourage all members to adopt practices that seek to prevent injury by:

- Encouraging warm-up, stretching and cool-down as an important component of playing and training.
- Promoting the use of protective equipment including body padding, mouth guards, suitable clothing and footwear.
- Providing safe playing surfaces, first aid equipment and accredited First Aiders/Sports Trainers at all training sessions and competition matches.
- Ensuring adequate public liability and player insurance for all members.
- Encouraging all players with a prior or current injury to seek professional advice from a sports medicine professional and be fully rehabilitated before returning to play.



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HEALTHY FOOD AND DRINK

Roleystone Diamond Sports acknowledges that healthy eating can have an impact on our health and that the provision of healthy foods will contribute to better health for all.

We will encourage the healthy eating message by:

- Providing bottled water as an alternative to other more sugary drinks and placing such in a prominent position in our canteen fridges
- When oil or margarine is used, it will be poly or monounsaturated (sunflower, safflower, canola, olive).
- Use reduced fat options for dairy products (cheese and milk).
- Ensure that healthy food choices are displayed more prominently than other foods.
- Ensure that healthy food choices are priced competitively.

NON COMPLIANCE STRATEGY

The following four step non-compliance strategy will be followed if anyone breaches the Roleystone Diamond Sports Inc. Healthy Club Policy.

1. Assume that 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 (i.e. someone continues to smoke in a smoke free area or is intoxicated) the most Senior Staff 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 persons continues the behaviour they will be asked to leave.
4. If the offence does continue then the patron will be escorted out of the facility by staff and/or a Senior Club Representative.

This policy will be reviewed six months after its introduction and then on 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 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 members of the committee. Thank you for your cooperation.