



## HEALTHY CLUB CHECKLIST

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Use this checklist as a guide to assessing your club's current practices across a range of health issues. This checklist can also help with your club's regular policy review.

### ***Smoking***

- Smoking is not allowed in any indoor areas of the club (including the bar and change rooms).
- All functions held at our club are smoke free.
- We have designated some areas outdoors as smoke free.
- No cigarettes are sold on our premises.
- Appropriate no smoking signage is displayed in our club.

### ***Alcohol & Other Drugs***

- Low strength and non-alcoholic beverages are available at a cheaper price than full strength drinks.
- Water is readily available.
- No alcohol is served to patrons under the age of 18 years or to intoxicated patrons.
- No alcohol is used for prizes/awards.
- Use of illicit & performance-enhancing drugs are not tolerated.
- The use and administration of medications is monitored and controlled.

### ***Sun Protection***

- We have increased the amount of permanent and portable shade at our club.
- We have rescheduled as many of our events as possible to avoid the peak UV period of 10am to 3pm.
- We provide/sell or make available sunscreen to members and participants.
- We have introduced wide brimmed hats as an additional choice for members and participants.

### ***Sports Safety***

- We conduct regular safety inspections of playing areas and equipment.
- Warm up, stretching and cool down sessions are conducted at all training and competition sessions.
- Water is provided in individual bottles for participants.
- Members, coaches, officials and players are given the opportunity to complete seminars, workshops or SMA accredited courses in sports injury prevention and treatment.
- The use of protective equipment is promoted and encouraged for all age groups and mandatory for certain age groups.

### ***Healthy Eating***

- Healthy food alternatives are available to our members and spectators.
- Healthy food choices are cheaper than less healthy foods.
- Safe food handling and preparation procedures are followed.