

TRIATHLON WESTERN AUSTRALIA - HEALTH POLICY



Policy Name:	Health and Safe Sport Policy
Policy Area:	Board Charter
Date Approved:	November 2008
Policy Replaced:	Safe Sport Policy (February 2008)
Last Review Date:	January 2010

Position Statement

Triathlon WA is committed to improving the health of the community through safe participation in triathlon and multisport related activities. In providing this service the Association is aware of the need to provide safe participation for all by reducing the risk of injury.

The Triathlon WA Health Policy details information on the following areas:

1. First Aid
2. Warm-up and Cool Down
3. Fluid Replacement
4. Additional Components
5. Sport Safety Policy Information
6. Sun Protection Policy
7. Smoke Free Policy
8. Alcohol and other Drugs Policy
9. Food and Catering Policy
10. Mental Health Promotion Policy

1. FIRST AID

Triathlon WA will have a qualified first aid person available at competition and event sessions which are under the control of the Association. Appropriate first aid equipment will be made available at competitions and events. Members, coaches and officiating personnel will be given the opportunity to attend approved training courses in sports injury prevention and treatment.

2. WARM-UP AND COOL DOWN

Warm-up and cool down routines will be encouraged at Triathlon WA competitions.

3. FLUID REPLACEMENT

All personnel under Triathlon WA care involved in training, competitions and events will be informed of correct fluid replacement practices and encouraged to implement these practices before, during and after the activity.

4. ADDITIONAL COMPONENTS

Sports Medicine Australia's guidelines on blood, contagious and infectious diseases, pregnancy and sports participation, and children in sport will be adopted. This information can be obtained on the Sports Medicine Australia website: www.sma.org.au

Triathlon WA will encourage at all times the use of personal water bottles and towels and discourages strongly the sharing of water bottles and towels between players, coaches and officials.

Competitors/Members will be encouraged to use/wear suitable clothing and footwear at all times during training, competitions and events.

Triathlon WA sanctioned event courses will be maintained and checked for potential dangers before competitions and events occur where possible and every effort will be made for affiliated Clubs to maintain their facilities to a safe standard at all times.

Triathlon WA advises that any participants who have a pre-existing health condition, or who have any doubts about their health, should complete a medical assessment and fitness test prior to participation. Competitors who participate without a medical assessment or without notifying officials of a medical condition, participate at their own risk.

Consideration will be given to environmental conditions, such as heat, cold, playing and surface conditions when conducting training, competitions and events.

5. SPORT SAFE POLICY INFORMATION

Triathlon WA is aware that sport safe practices are continually being updated and improved upon and for this reason the Triathlon WA Sport Safe Policy will be reviewed and updated annually.

NB. The Race Director at the Club/Event shall enforce the policy where necessary.

6. SUN PROTECTION POLICY

Position Statement

Triathlon WA recognises that exposure to ultraviolet radiation (UVR) has negative health effects and will introduce measures to minimise exposure. Due to athletes being mainly outdoors, Triathlon WA is extremely conscious of providing adequate information, education and facilities and strongly recommends and supports sun safe practices for all staff, volunteers, spectators and participants involved in Triathlon throughout Western Australia. Measures are constantly being introduced to minimise exposure to the harmful effects of the sun that participants may incur.

The Triathlon WA Sun Protection Policy details information on the following areas:

1. Time of Activities
2. Provision of Shaded Areas
3. Appropriate Clothing
4. Sun Protection Policy Information

Time of Activities

Whenever possible activities will be conducted outside of the hours 10.00am to 3.00pm when UVR is at its peak.

Where it is possible to make PA announcements at Triathlon WA events, participants and spectators will be reminded to apply sunscreen and practice sun protective behaviour particularly between the hours of 10am and 3pm.

Provision of Shaded Areas

Where available natural shade will be utilised to protect participants and spectators from UVR.

Where existing or natural shade is not available, the organisation or club conducting the event will supply and erect portable shade structures to the best of their ability.

Appropriate Clothing

Staff and members representing Triathlon WA will provide a positive sun protection message by wearing long sleeve shirts, broad brimmed hats, and sunglasses and will apply sunscreen regularly when applicable.

For the purposes of sun protection, participants may choose to wear long sleeved race suits during Triathlon WA events.

Broad spectrum (SPF 30+) water resistant sunscreen will be made available to participants and spectators, where this is not possible the above mentioned parties will be encouraged to bring their own.

Sun Protection Policy Information

Triathlon WA is aware that sun protection methods are continually being updated and improved upon and for this reason the Triathlon WA Sun Protection Policy will be reviewed and updated annually.

NB. The highest ranked person at the Club/Event shall enforce the policy where necessary.

7. SMOKE FREE POLICY

Position Statement

Triathlon WA recognises that smoke free environments protect non-smokers from the harmful effects of environmental tobacco smoke (ETS) and contribute to reducing tobacco consumption levels. Triathlon WA will encourage members, spectators and participants to quit smoking and discourage the uptake of smoking, in particular by young people.

The Triathlon WA Smoke Free Policy details information on the following areas:

1. Smoke Free Environments
2. Tobacco Sales
3. Organisation Responsibilities
4. Smoke Free Policy Information

Smoke Free Environments

The following areas of affiliated clubs will be smoke free at all times:

- ◆ All indoor areas
- ◆ All official functions, including dinners, presentations, fund-raising, meetings and social occasions will be 100% smoke free.

Tobacco Sales

Tobacco products will not be sold by Triathlon WA or any Triathlon WA affiliated members/clubs at any time.

Organisation Responsibilities

Any person employed or representing Triathlon WA in any capacity will refrain from smoking whilst acting in an official capacity.

All affiliated clubs will be clearly signed with 'No Smoking' signage to make members aware of the smoke free environment.

Smoke Free Policy Information

The Triathlon WA Smoke Free Policy will be reviewed and updated annually.

NB. The highest ranked person at the Club/Event shall enforce the policy where necessary.

8. ALCOHOL & OTHER DRUGS POLICY

Position Statement

Triathlon WA will actively seek to promote, encourage and support strategies to minimise the harmful effects of alcohol and drug use in the interest of health and safety to our members, employees, volunteers and spectators.

The Triathlon WA Alcohol & Other Drugs Policy details information on the following areas:

1. Alcohol
2. Other Drugs
3. All Drugs
4. Alcohol & Other Drugs Policy Information

Alcohol

At all Triathlon WA facilities and functions lower strength and non-alcoholic beverages will be available and promoted. Drinks will be served in standard size drink portions in every possible situation. Safe transport options for all Triathlon WA staff and affiliated members will be encouraged and promoted at all times.

Alcohol will be served in accordance with the requirements set out in the Liquor Licensing Act 1988, and in line with the Director of Liquor Responsible Service of Alcohol Policies, these can be accessed through www.rgl.wa.gov.au

Food will be offered at all times when alcohol is being consumed. When young people are involved in an event, competition or training session, alcohol consumption by parents, coaches or other influential personnel will be discouraged. Active promotion of responsible alcohol consumption by all members will be encouraged at all times.

Other Drugs

The use of illicit and performance enhancing drugs will not be allowed, glamorised or promoted at any competition, training or event under the control of Triathlon WA.

All Drugs

Any person known to be intoxicated due to alcohol and/or other drugs will not be permitted to participate in any capacity in any Triathlon WA event.

Alcohol & Other Drug Policy Information

Triathlon WA is aware that alcohol & other drug practices are continually being updated and improved upon and for this reason the Triathlon WA Alcohol & Other Drugs Policy will be reviewed and updated annually.

NB. The Race Director at the Club/Event shall enforce the policy where necessary.

9. FOOD & CATERING POLICY

Position Statement

Triathlon WA understands and recognises the importance of good nutrition and the role it plays in maintaining and improving health. Triathlon WA will promote the effect that healthy eating has on all members in achieving optimal performance.

The Triathlon WA Food & Catering Policy details information on the following areas:

1. Availability of Healthy Food
2. Training for Food Management
3. Food & Catering Policy Information

Availability of Healthy Food

Where food is available at functions, tournaments, events and activities, healthy alternatives will be readily offered.

Healthy options include the provision of foods low in fat, high in fibre and with substantial fruit and vegetable content.

Food & Catering Policy Information

Triathlon WA is aware that food & catering research/methods are continually being updated and improved upon and for this reason the Triathlon WA Food and Catering Policy will be reviewed and updated annually.

10. MENTAL HEALTH PROMOTION POLICY

Position Statement

Mental health promotion involves any action taken to maximise wellbeing in individuals and communities. It involves fostering a sense of belonging through improving social, physical and economic environments as well as enhancing the coping capacity of individuals and communities.

While mental health promotion opportunities can occur at any time, Triathlon WA will proactively support positive mental health promotion of individuals and the community through supportive strategies which:

- actively encourage individuals to participate in Triathlon WA activities **(ACT)**
- actively encourage individuals to volunteer to help Triathlon WA events, activities and governance **(BELONG)**
- actively encourage individuals to be more broadly involved in other community events and environments **(COMMIT)**
- actively encourage individuals to take up a cause or set goals for themselves
- encourage removal of economic or social barriers to participation
- encourage positive role modelling of values, behaviour and interests
- encourage participants, volunteers and organisers to treat people with respect, equality and openness
- proactively address instances of bad practice
- proactively reward instances of good practice
- encourage the support for building capacity in mental health promotion through proactively supporting training and developmental workshops and programs.

NB. The highest ranked person at the Club/Event shall enforce the policy where necessary.

To obtain information or voice your concerns over possible breaches of any Triathlon WA Health Policy please contact Triathlon WA.