



## **HEALTHY CLUB POLICY FOR SERPENTINE HORSE AND PONY CLUB**

Serpentine Horse and Pony Club acknowledges that good health and safety of all its participants is a necessity. This following Healthy Club Policy reflects and incorporates the overarching Healthy Club policy of the parent organization Pony Club Association of Western Australia.

### **Smoking**

Serpentine Horse and Pony Club recognises that smoking and passive smoking are hazardous to health. We will ensure a smoke free environment by:

Ensuring all areas of the club, including the outdoor seating area, equipment shed, office, and all club functions are smoke free.

Not selling tobacco products on the premises.

Prominently displaying non-smoking signage.

### **Alcohol**

Serpentine Horse and Pony Club will promote the responsible adult use of alcohol by:

When alcohol is made available for functions it will be served in accordance with the requirements set out in the Liquor Control Act 1988 and will be restricted to suitable and appropriate times. No alcohol will be served to patrons under the age of 18 years or intoxicated patrons.

Where alcohol is available low strength and non alcoholic beverages will be available and promoted.

Tap water will be readily available and free of charge.

Responsible alcohol use will be actively promoted.

### **Other Drugs**

Serpentine Horse and Pony Club is committed to supporting and promoting strategies to prevent drug use and to minimize harm associated with drug use.

- Participants known to have consumed drugs prior to or during an event will not be allowed to participate. Use of illicit and performance enhancing drugs will not be allowed at any events or activities
- Serpentine H & PC will abide by the WA Government Drugs in Sport legislation and the Australian Sport Anti Doping Authority Legislation

### **Mental Health**

Serpentine Horse and Pony Club recognizes that the creation of a positive environment that encourages and supports involvement will have a positive effect on the mental health and well being of individuals and the community.

Participants and volunteers are encouraged to treat all individuals and groups with respect, equity and respect.

The undertaking of educational and training is promoted and supported and positive role modelling of values, behaviour and interests is encouraged.

Riders are encouraged to become volunteers, particularly senior riders and they are encouraged to set goals and achievements for each year and for long term.

Instances of bad practise will be pro actively addressed and instances of good practise will be rewarded.

### Sun Protection

Serpentine Horse and Pony Club will take all reasonable steps, where possible, to address sun safe practices by:

- Where possible outdoor activities will be conducted outside the hours of 10.00am to 3.00pm where UV radiation is strongest
- Where events are scheduled during 10.00am to 3.00pm long sleeved shirts and head wear will be worn.
- Shade will be utilized to protect participants, officials and spectators wherever possible.
- Committee members will act as positive role models by adopting sun protection behaviours such as wearing broad brimmed, bucket or legionnaire style hats, long sleeved shirts, sunglasses and sunscreen.
- Sunscreen (SPF 30+, broad spectrum water resistant) will be made available to participants and spectators.

### Injury Prevention

The safety of all athletes is our primary concern.

Where possible Serpentine Horse and Pony Club will:

Protective equipment will be promoted and encouraged.

Appropriate first aid equipment will be made available at all rally, training and competition sessions

All participants will be encouraged to keep themselves hydrated

Consideration will be given to the environmental conditions (heat, cold, riding and surface conditions) when conducting rally, training and competition sessions

Sports Medicine Australia guidelines on blood and infectious disease, pregnancy and sports participation and child and sport will be adopted where appropriate.

### Healthy Eating

Serpentine Horse and Pony Club recognises the importance of good nutrition for sports performance by:

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

Where possible, fresh fruit and vegetables will be available as choices.

Where beverages are available at functions and activities, healthy alternatives will be offered including low/no sugar content or water.

Signed on behalf of Serpentine Horse and Pony Club committee

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Paul McCormick

Date 22<sup>nd</sup> July 2009

President