



HEALTH POLICIES

ADOPTED JUNE 2009

Updated June 2010

Reviewed Feb 2014

Reviewed Feb 2017

Health Policies

1. Anti-Doping and Drugs

Badminton WA is committed to supporting and promoting strategies to prevent drug use and to minimise harm associated with drug use. Badminton WA is subject to Badminton Australia's (BA) Anti-Doping Policy, a copy of which can be viewed in Annex A of this document and also on the Badminton Australia website: www.badminton.org.au

2. Tobacco

Badminton WA recognises that smoke free environments protect non-smokers from the harmful effects of environmental tobacco smoke and contribute to reducing tobacco consumption levels. Badminton WA will encourage quitting attempts and discourage the uptake of smoking, particularly by young people.

- All areas under the direct control of Badminton WA, including participant and audience areas will be 100% smoke free.
- All Badminton WA functions including presentation evenings, meetings and sponsorship VIP events will be 100% smoke free.
- Tobacco products will not be sold on any premises under the control of Badminton WA.
- Any person either employed or representing Badminton WA in any capacity must not smoke or be seen carrying tobacco products at any official engagement or activity related to the sponsored program
- Badminton WA will actively encourage and support affiliated clubs to either adopt the BAWA Health Policy or develop and implement their own health policy.
- Badminton WA will encourage and support staff and members to quit smoking.

3. Alcohol

Badminton WA will actively seek to promote, encourage and support strategies to minimise harm from the use of alcohol. Badminton WA will encourage compliance with all relevant policy guidelines constructed by the Director of Liquor Licensing

- At all functions, lower strength alcohol and non-alcoholic beverages will be available and promoted.
- Water will be readily available and free of charge at all events and functions.
- Alcohol will be served in accordance with the requirements set out in the Liquor Licensing Act 1988. This includes no alcohol being served to patrons under that age of 18 years or to intoxicated patrons.
- Excessive and/or rapid consumption of alcohol will be discouraged eg. no happy hours and drinking competitions.
- Badminton WA will not use alcohol as a prize in any activity involving or promoted to individuals under 18 years of age.

- Alcohol consumption by parents and other influential personnel will be discouraged particularly where young people are involved.

4. Sport Safety

Badminton WA will encourage all members to adopt practices to prevent injury and promote safety by:

- Encouraging warm-up, stretching and cool-down as an important component of playing and training.
- Providing safe playing surfaces, first aid equipment and accredited First Aid/Sports Trainers at all training sessions and competition matches organised by Badminton WA.
- Ensuring adequate public liability and player insurance of 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.
- Ensuring correct fluid replacement practices implemented at training and competition sessions.
- Ensuring all Coaches and Managers are directed to read this Health Policy

5. Food and Catering

Badminton WA recognises the importance of good nutrition for the maintenance of good health, well being and sports performance - and will:

- Ensure that when food is provided, healthy alternatives, in accordance with the Dietary Guidelines for Australians, are available, including foods low in fat, high in fibre and with a substantial fruit and vegetable content.
- Badminton WA will increase the range and availability of healthy food and drink options available at events under its control.
- During all competitions water will be freely available.
- Where beverages are available at functions and activities, healthier alternatives will be readily offered. This includes beverages with low/no sugar content.

6. Sun Protection

Badminton WA recognises that exposure to ultraviolet radiation (UVR) has negative health effects and will therefore introduce measures to minimise exposure.

Badminton WA strongly recommends and supports sun safe practices for all activities undertaken outside.

Badminton is an indoor sport. In the event that outdoor activities are organised, such as 'Have- a -Go Days', School activities etc, then

- Whenever possible activities will be conducted outside of the hours 10.00am to 3.00pm when UVR is at its peak.
- Natural shade will be utilised to protect participants and spectators, wherever available.
- Staff and members representing the organisation will always act as positive role models by adopting sun protection behaviours such as wearing long sleeved shirts, broad brim hats, extra length shorts, sunglasses and applying sunscreen.
- For activities involving juniors a “no hat, no sunscreen, no play” policy will apply in order to encourage juniors to learn and adopt sun protection behaviours.
- All uniforms and clothing provided for members to wear when conducting outdoor badminton activities will comply with the design and fabric standards recommended by the Cancer Foundation of WA.
- Sunscreen (SPF 30+, broad spectrum water resistant) will be made available to participants and spectators. However, when this is not possible these parties will be encouraged to bring their own.

7. Mental Health

Promoting positive mental health involves any action taken to maximise well being in individuals and communities. It includes fostering a sense of belonging through improving social, physical and economic environments as well as enhancing the coping capacity of individuals and communities.

Badminton WA will proactively support positive mental health promotion in individuals and the community through supportive strategies which:

- Provide opportunities for individuals to be mentally, physically and socially active;
- Encourage individuals to join and actively participate in Badminton WA activities and those of partner organisations;
- Encourage individuals to become a volunteer in Badminton WA, to set personal goals for achievement in the activities of the organisation, and to be more broadly involved in other community events and environments;
- Reduce or remove economic or social barriers to participation in Badminton WA activities;
- Encourage participants, volunteers and organisers to treat all groups in the organisation and in the community in general with respect, equality and openness;

8. Physical activity

Badminton WA recognises that participation in regular physical activity has important health and social benefits and is committed to encouraging safe physical activity participation for its staff, members, participants and volunteers.

- Staff, members and volunteers will be encouraged to make active choices (eg Walking, cycling or taking public transport, using the stairs instead of the lift), through the use of promotional and motivational resources.
- Opportunities for employees to be active during their lunch break or before/after work will be encouraged. This includes the provision of showering and/or changing facilities and secure facilities for storing bicycles.

9. Office

Badminton WA will provide a work-safe office.

- Opportunity to allow free airflow into office.
- Air conditioning available
- Provision of appropriate seating for computer work.
- Provision of riser for laptop computer
- Fire extinguisher in office
- Stadium Emergency Plan on the wall

10. Working with Children

Badminton WA supports current legislation in regards to working with Children and adopts the following strategies:

- Badminton WA to comply with and disseminate information to all clubs about current legislation information, if requested.
- Badminton WA Coaches and Managers must have 'Working with Children' certificates.
- Chaperones be sought for male and female children when travel and overnight accommodation is required.

All staff and volunteers representing Badminton WA will be made aware of this health policy which will be reviewed annually. Any breach of these policies will be addressed through the Board of Management.

This policy was approved on 16th June, 2009

Updated 12th June, 2010

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