



SQUASH RACKETS ASSOCIATION OF WESTERN AUSTRALIA (INC.) HEALTH POLICIES

WA Squash is the State governing body that oversees and promotes the further development of the sport of squash in Western Australia.

Healthway provides sponsorship that supports the Association's annual program with particular focus on junior and country programs. The WA Squash Health Policies cover all programs and events conducted by WA Squash, including those that do not have direct Healthway sponsorship.

WA Squash encourages and promotes the importance of implementing these Health Policies to all associated clubs, through newsletters, the WA Squash website and other relevant communication methods.

WE AIM to encourage and facilitate enjoyable participation in the sport of Squash and to promote health and safety to our members and all other participants.

WE PLAN to do this by adopting and promoting the following Health Policies.

1. Tobacco

WA Squash recognises that smoking has a negative effect on health and severely reduces sporting performance. We therefore actively encourage a smoke free environment by:

- Ensuring that all playing and training venues under the direct control of WA squash and venues used for club functions be 100% smoke-free.
- Ensuring that any person representing the Association in any capacity will not smoke or be seen carrying tobacco products.
- Promoting the positive health benefits of not smoking.
- Prohibiting the use of E-cigarettes whilst involved with W.A. Squash activities or at tournaments and events.

2. Alcohol Consumption

WA Squash recognises that excessive alcohol consumption has a negative effect on health and severely reduces sporting performance. We will ensure that the sale or supply of alcohol will comply with requirements of the Liquor Licensing Act of 1988. We will also actively encourage responsible serving and intake of alcohol by:

- Not permitting any intoxicated person representing the Association in any official capacity, to take part in WA Squash activities and events.
- Ensuring that non-alcoholic and low-Alcoholic choices (at a lower cost than full strength alcoholic options) be available at any event or function where Alcohol beverages are either provided or on sale.

In addition, the following will be observed at tournaments and events.

- Alcohol or unhealthy food and/or drinks shall not be provided as prizes or awards
- Activities or promotions that encourage rapid consumption of alcohol such as discounted drink prices, happy hours or drinking competitions etc. are not permitted.
- If alcoholic drinks are served at activities or events, they be in no bigger than standard-drink portions.
- No promotion or event names that glamorise getting drunk or implying that getting drunk is desirable is permitted.

The sale and consumption of alcohol is prohibited at junior tournaments and events.

3. Drugs

WA Squash condemns the use of Prohibited Substances and Methods in sport. The use of Prohibited Substances and Methods is contrary to the ethics of sport and potentially harmful to the health of athletes.

WA Squash strictly adheres to the Squash Australia Regulation 3 - Anti-Doping Policy. Such Regulation is to be used in conjunction with the World Anti-Doping Code, the World Squash Federation Policy on Doping; and other Squash Australia Policies and Regulations, in particular Squash Australia's National Tournament Policy and Regulation 10, Disciplinary Matters.

Squash Australia Regulation 3 – Anti-Doping Policy can be viewed on the Squash Australia web site under Regulations and Policies at www.squash.org.au

4. Food and Catering

WA Squash understands and recognises the important role that good nutrition plays in maintaining good health and assisting sporting performance. We therefore encourage healthy eating by:

- Ensuring that healthy food alternatives are provided at all events conducted by WA Squash. This involves the provision of foods low in fat, sugar and salt and foods that are high in fibre with a substantial fruit and vegetable content.
- Encouraging healthy food alternatives to be provided at all squash events not directly under the control of WA Squash through dissemination of healthy eating information and guidelines.
- Offering healthier alternatives when drinks are available. This includes drinks with low/no sugar content.
- Offering water free of charge at all tournaments and events.

5. Physical Activity

W.A. Squash appreciates that participation in regular physical activity has important health and social benefits. We will therefore encourage our clubs to promote the sport of Squash as an ideal fitness activity.

Recognizing that physical activity provides a mechanism for individuals to benefit their health and assist with morale and productivity, WA Squash will encourage our employees to be active by:

- Providing staff members with free squash court hire in off-peak hours
- Facilitating staff members being able to walk or cycle to and from work.
- Allow flexibility in working hours to enable staff members to participate in sporting or other fitness activities.
- Promoting healthy lifestyles to our registered players and all participants in the sport of squash.

6. Sun Protection

WA Squash recognises the excessive exposure to the ultraviolet radiation (UVR) of the sun can have a negative health effect. Being an indoor sport Squash is by nature sun safe. We also insist on outdoor promotional activities being conducted with a full awareness of necessary sun protection procedures being followed by:

:

- Conducting as many sessions as possible in shaded areas.
- Providing adequate sun shade at all outdoor events and activities
- Staff representing WA Squash will always act as positive role models by adopting sun protection behaviours such as wearing hats, sunglasses and sunscreen when conducting outdoor activities.
- Participants and spectators will be made aware of the risk associated with excessive exposure to ultraviolet (UVR) of the sun and be encouraged to wear suitable clothing and use SPF 30+ broad spectrum water resistant sunscreen.

7. Mental Health

WA Squash is aware that sport can have a beneficial effect on the mental well being of those involved. It provides an opportunity to foster a sense of belonging as well as enhancing the ability to cope in either individual or group situations. We will therefore:

- Encourage all individuals to be involved in the sport of Squash.
- Remove any perceived or actual barriers to inclusion.
- Encourage mutual respect between all those involved in the sport of Squash by treating people with respect, equality and openness.
- Encourage positive role modelling of values, behaviour and interests.
- Proactively address instances of bad practice.
- Proactively reward instances of good practice.

8. Sport Safe

WA Squash is committed to improving the health of the community through safe participation in the sport of Squash by participants of all ages. With this in mind we will:

- Ensure that requirements of the Working with Children legislation are followed and that Working with Children Checks are held for all employees involved with child-related work.
- Ensure that requirements of the Working with Children legislation are followed and that a Working with Children Check is held for all volunteers requiring such document.
- Promote the Working with Children requirements to all our associated Clubs and Centres as well as others involved with Squash and ensure that they are meeting requirements.
- Enforce the compulsory wearing of eyewear by all juniors (19 years and under) whenever they are on a squash court.
- Encourage the wearing of eyewear by all participants in the sport of squash.
- Actively encourage and promote warm up, stretching and cool down procedures at training and competition sessions.
- Ensure appropriate first aid equipment is available at all times.
- Encourage the attendance of appropriately qualified first aid personnel whenever possible.
- Provide the opportunity for players, coaches and officials to attend approved training and accreditation courses in sports injury prevention and treatment.
- Ensure that correct fluid replacement prevention practices are promoted at all training and competition sessions
- Promote an understanding of the Laws of Squash (in particular the let rule) to ensure that safety procedures are observed.

9. Commitment

WA Squash will ensure commitment to these policies by:

- Encouraging participants, officials, coaches and parents to all become a role model in the promotion of health issues.
- Ensure the participants are informed about our Health Policies.
- Promote the Health Policies on our website and through our newsletters.
- Encourage and assist coaches to undertake and maintain accreditation.
- Review the Health Policies annually

Anyone wishing to discuss any aspect of the WA Squash Health Policies is invited to contact the WA Squash General Manager on Tel: 08 9225 7255

Signed: -----

Date: 1st March 2016

**Don Huffer
General Manager
WA Squash**