

# RUGBYWA HEALTH POLICY



RugbyWA's Board affirms that the health and safety of all participants is of primary concern and endorses the following practices as official policy of the organisation.

## 1. RUGBYWA DRUG FREE POLICY.

- 1.1 RugbyWA will actively seek to promote, encourage and support strategies to minimise harm from drug use for all participants at all levels (local, regional, State and National).
- 1.2 Safe Drug Use Practices. Where possible RugbyWA, its affiliated clubs and members will:
  - (a) Ensure that medications are used only when needed and according to directions;
  - (b) Adopt and be guided by the Sports Medicine Australia Policy on the Administration of Medications by Non-Medical Personnel;
  - (c) Discourage the use of medications in respect of injury/recovery that would enable a participant to compete where they would not otherwise have been able; and
  - (d) Educate participants through the delivery of drugs in sport information at courses conducted by RugbyWA.
- 1.3 Moderate Alcohol Consumption and Smoke Free Environment. In the interest of health and safety, RugbyWA will actively seek to promote, encourage and support strategies to minimise harm from alcohol and other drug use by rugby participants and patrons. Where possible, RugbyWA will:
  - (a) ensure that alcohol is served and consumed in accordance with the requirements set out in the Liquor Licensing Act 1998, including:
    - (i) Not selling or supplying alcohol to an intoxicated (drunk) person;
    - (ii) Not serving to intoxication;
    - (iii) Ensuring the quiet or good order of a neighborhood is not frequently disturbed by activity occurring at the licensed premises or by patrons in the vicinity of the premises; and
    - (iv) Not allowing the sale or supply of alcohol to people under 18 years of age.
  - (b) Ensure that alcohol is served in a responsible manner;
  - (c) Discourage excessive or rapid consumption of alcohol; and
  - (d) Ensure that water is readily available and free of charge.
- 1.4 RugbyWA recognises that smoke free environments protect non-smokers from the harmful effects of Environmental tobacco smoke (ETS) and contribute to reducing tobacco consumption levels.
  - (a) All indoor environments, functions and events under the control of RugbyWA are, and will Remain 100% smoke free.
  - (b) A smoke free policy exists for bench, playing areas and changing rooms for all players, Coaching staff, referees and other team officials.
  - (c) Tobacco products will not be sold by RugbyWA or on any premises under the control of RugbyWA.
  - (d) Affiliated clubs are strongly encouraged to promote their venues and activities as smoke free.
  - (e) Any person, either employed by or representing RugbyWA in any capacity will refrain from Smoking whilst acting in an official capacity.

1.5 Misuse of Drugs or Substances. RugbyWA will:

- (a) Adopt and abide by Australian Rugby's Doping Policy;
- (b) Provide appropriate education for participants as to the potential harm of using prohibited Substances;
- (c) ban the use of illegal drugs at all RugbyWA activities; and
- (d) When aware, not allow participants under the influence of alcohol and/or illegal drugs to participate in training or matches in order to prevent harm to themselves and other participants.

1.6 Supporting Elite Athletes. RugbyWA will:

- (a) Provide drug education to all elite athletes and coaching/administrative staff of State, and Western Force Representative Teams;
- (b) ensure that Western Force and State Representative athletes with conditions requiring the therapeutic use of drugs that are banned or restricted have provided adequate and correct notification to the Australian Rugby Union; and
- (c) Encourage elite athletes to behave as appropriate role models for junior participants.

## **2. RUGBYWA SPORTSAFE POLICY.**

2.1 RugbyWA is committed to improving the health of its players and coaches through safe participation in Sport and physical activity.

- (a) Mouthguards are mandatory for all players competing in school and junior competitions. The Mouth guard policy is promoted and enforced at this level.
- (b) The use of other protective equipment is promoted and encouraged where appropriate.
- (c) Warm up, stretch and cool down routines are conducted at all training and competition Sessions.
- (d) Members, coaches and officiating personnel are given the opportunity to attend Sports Medicine Australia training and accreditation courses in sports injury prevention and treatment.
- (e) In order to maintain a high standard of coaching and safety, all coaches working with RugbyWA and affiliated clubs must have attended a compulsory Smart Rugby safety seminar.
- (f) An appropriately qualified first aid person will be in attendance at all competition sessions for senior teams and at training sessions whenever possible.
- (g) Appropriate first aid equipment will be available at all training and competition sessions.
- (h) Correct fluid replacement practices are encouraged at all training and competition sessions. Sharing of water bottles is strongly discouraged and players are encouraged to provide their Own water bottles.
- (i) RugbyWA refers to and is guided by the Sports Medicine Australia Infectious Diseases Policy.

## **3. RUGBYWA FOOD AND CATERING POLICY.**

3.1 RugbyWA understands and recognises the importance of good nutrition and the role it plays in Maintaining and improving health. To reflect this position, RugbyWA will continue to ensure that healthy alternatives are available at any function or venue under its control at which food is offered. RugbyWA will encourage the adoption of the same approach by all clubs. Such healthy alternatives include the provision of foods low in fat, high in fibre and with a substantial fruit and vegetable content.

#### 4. RUGBYWA SUN PROTECTION POLICY.

- 4.1 RugbyWA recognises that exposure to ultraviolet radiation (UVR) has negative health effects and will therefore provide practical measures to minimise exposure. To reflect this position, RugbyWA:
- (a) Strongly recommends and supports sun safe practices for all activities;
  - (b) Will encourage the use of shade (both natural and man-made) to protect participants and spectators to the fullest extent possible;
  - (c) Will ensure staff members representing the organisation act as positive role models by adopting sun protection behaviors including wearing long sleeved shirts, wide brimmed hats, sunglasses and sunscreen during outdoor activities where appropriate; and
  - (d) Will provide sunscreen (SPF 30+, broad spectrum water resistant) for use by all participants and spectators.

#### 5 Mentally Healthy Policy

Promoting positive mental health promotion 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.

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

- (a) provide opportunities for individuals to be mentally, physically and socially active **(ACT)**
- (b) encourage individuals to join and actively participate in RugbyWA activities and those of partner organisations **(BELONG)**
- (c) encourage individuals to become a volunteer in Rugby Union within Western Australia, to set personal goals for achievement in the activities of the organisation, and to be more broadly involved in other community events and environments **(COMMIT)**
- (d) reduce or remove economic or social barriers to participation in RugbyWA activities
- (e) Encourage participants, volunteers and organisers to treat all groups in the organisation and in the community in general with respect, equality and openness.

#### 6. OTHER.

6.1 RugbyWA will:

- (a) Ensure elite athletes, club and association officials and staff members act as appropriate role models to the broader rugby community and particularly to junior participants;
- (b) Review this Health Policy on an annual basis; and
- (c) Ensure breaches of this Policy are addressed through RugbyWA Management.

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CEO RugbyWA

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DATE

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Healthway Representative

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