

HEALTHY CLUB POLICY FOR
INTERNATIONAL CALCIO FOOTBALL CLUB (ICFC)

Who is affected by the policy

This policy applies to all members, administrators, officials, coaches, players, visitors and volunteers of the International Calcio Football Club.

Timing

This policy is effective from 1st April 2008.

Alcohol

International Calcio Football Club will promote the responsible adult use of alcohol by:

- Discouraging excessive or rapid consumption of alcohol e.g. happy hours, drinking competitions,
- Ensuring alcohol is not served to any person who is intoxicated or under the age of 18 years,
- Promoting lower pricing on low and non-alcoholic drinks and providing free unbottled water,
- Provide responsible server training for paid staff and volunteers who serve alcoholic drinks in our bar.

Other Drugs

- International Calcio Football Club discourages the use of medications in respect of injury/recovery that would enable a participant to compete where they would not otherwise have been able.
- The use of illicit & performance-enhancing drugs is not condoned,
- In the event that club personnel have reason to believe a member may be using illicit drugs, we will contact a relevant agency for professional advice on how to manage the situation (ie Alcohol & Drug Information Service).

Smoking

International Calcio Football 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 change rooms, offices, the bar and all club functions are smoke-free,
- Not selling tobacco products on the premises,
- Prominently displaying no-smoking signage.

Sun Protection

International Calcio Football Club will take all reasonable steps to address sun safe practices by:

- Ensuring adequate shade is provided,
- Following The Cancer Council Western Australia guidelines for SunSmart clothing and hats,
- Providing or selling sunscreen to members and participants.

Sports Safety

International Calcio Football Club will encourage all members to adopt practices that seek to prevent injury by:

- Encouraging warm-up, stretching and cool-down as an important component of playing and training,
- Promoting the use of protective equipment including body padding, mouthguards, suitable clothing and footwear,
- Providing safe playing surfaces and first aid equipment
- Ensuring adequate public liability and player insurance for 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.

Healthy Eating

International Calcio Football Club recognises the importance of good nutrition for sports performance by:

- Ensuring when food is provided, healthy alternatives in accordance with the Dietary Guidelines for Australian Adults are available,
- Promoting good nutrition and healthy eating messages.

Non-compliance strategy

The following four step non-compliance strategy will be followed if anyone breaches the International Calcio Football Club healthy club policy:

1. Assume that the person is unaware of the policy,
2. A staff member or club representative will approach the person breaching the policy and ask them to refrain from the behaviour and remind them about the policy,
3. If an offence continues the most senior staff member or representative will verbally warn them again and hand over a formally written letter. The letter will outline club policy and state that if the person continues he behaviour they will be asked to leave,
4. If the offence does continue then the patron will be escorted out of the facility by staff and/or a senior club representative.

Policy review

This policy will be reviewed six months after its introduction and then on an annual basis thereafter.

This will ensure that the policy remains current and practical.

Adult players, coaches and club members are expected to set appropriate examples.

The club will make information available to club members and families to promote healthy lifestyles.

Anyone wishing to discuss any aspect of this policy is invited to contact any members of the committee.

Thank you for your co-operation.

President – Sergio Ferrante

Date – 1st April 2008

