

# HEALTH GUIDELINES FOR NETBALL IN WA



Netball WA is attempting to become the first mass participation sport truly dedicated to the health of its participants. Over 39,000 people play netball every weekend throughout Western Australia, and many tens of thousands are involved as coaches, officials, administrators and spectators. It is estimated that over 100,000 people visit a netball Association affiliated with Netball WA every week.

Many more play netball at indoor sports centres and schools, with the majority of Western Australians either having played netball or a family member has been involved. Netball provides a fantastic opportunity for sport to provide role models and behavioural values to combat the growing health issues affecting Western Australians today.

## **Why introduce Health Guidelines?**

Implementation of appropriate Health Guidelines will:

- Reinforce Netball WA's commitment to the promotion of good health in general
- Set guidelines for staff, volunteers, members and participants in relation to healthy environments and healthy behaviour
- Standardise the procedures for dealing with any behaviour that falls outside the stated health objectives
- Clarify roles and responsibilities of members and others associated with Netball WA
- Improve the potential for sustainable health behaviour change

## **How will Health Guidelines benefit netball in WA?**

Health Guidelines will benefit netball in the following ways:

- It demonstrates the sports commitment to providing a duty of care to members
- It is attractive to staff, volunteers, participants and members – a 'health promoting' organisation will appeal to a broader community interest
- A healthy environment for netball is good for young people – parents feel reassured when children are involved in organisations where they are less likely to be exposed to passive smoking, excessive alcohol consumption or other unhealthy behaviours
- It offers the potential to increase income – a health promoting netball organisation is more likely to be eligible for Healthway sponsorship and may also be more attractive to other sponsors
- It promotes a positive image in the community – by taking steps to develop policies that protect good health and encourage healthy behaviour, organisations will be seen to be making a positive contribution to the community

## **Who are the Health Guidelines for?**

The Health Guidelines are for everyone involved in or affected by netball in Western Australia including Netball WA Regions/Associations, staff, volunteers, participants and audiences at games.



## TOBACCO

### Position Statement

Netball WA recognises that smoke free environments protect non-smokers from the harmful effects of environmental tobacco smoke (ETS) and contribute to reducing tobacco consumption levels. Netball WA encourages quitting attempts and discourages the uptake of smoking, particularly by adolescents.

To achieve this:

- All netball facilities and competitions under the control of Netball WA or its affiliates either of a permanent or temporary nature will be smoke free
- All enclosed areas under the control of Netball WA and its affiliates will be 100% smoke free
- All functions run by Netball WA and its affiliates (including dinners, receptions, presentations, fundraising events, meetings and social occasions) will be 100% smoke free
- Tobacco products will not be sold by Netball WA and its affiliates or on any premises under their direct control
- Any person, either employed by or representing Netball WA in any capacity, will not smoke or be seen carrying tobacco products whilst acting in an official capacity
- Netball WA and its affiliates (whether directly or through a third party) will not receive money, other benefits or have arrangements with the tobacco industry (including sales, promotion or distribution of tobacco products)

## FOOD AND CATERING

### Position Statement

Netball WA understands and recognises the importance of good nutrition and the role it plays in the maintenance of good health and wellbeing. The provision of healthy food choices encourages healthy eating and helps to prevent ill health. It is important that Netball WA affiliates are educated on the long-term benefits of making healthy food choices.

To achieve the best possible nutritional and behavioural opportunities for netballers, Netball WA and its affiliates will adopt the following:

- At functions and activities under direct control of Netball WA and its affiliates, healthy alternatives will be offered
- Where possible, fresh fruit and vegetables will be available as choices
- Where beverages are available at functions and activities, healthier alternatives will be offered. Water will always be provided for free at functions and activities held by Netball WA and its affiliates
- Food and beverage vouchers and giveaways will only be given for healthy options.
- Netball WA and its affiliates will increase the range and availability of healthy food and drink options available at events and at premises under their control
- Healthy food and drink options will be promoted at point of sale at food outlets within Netball WA and its affiliates' direct control
- Netball WA and its affiliates will reduce unhealthy food and drink options in food outlets under their direct control



- Where venue catering is under the direct control of either Netball WA or its affiliates, appropriate training will be available for paid staff and volunteers e.g. Food Safe Food Handling Program
- Food and beverages offered by Netball WA and its affiliates, or by food suppliers under their governance, will best endeavour to use the WA Department of Education School Canteen Traffic Light System as a guide
- Where food vendors are required, Netball WA and its affiliates will attempt to source vendors that provide healthier food and beverage alternatives
- Where food and drinks are provided 'on site' by providers contracted by Netball WA and its affiliates:
  - Compliance with the policy will be a condition of any new food supply or catering contract and related leases
  - Compliance with the policy will be included in any contracts or related leases renegotiated or renewed
  - Existing contractors should be informed of the new policy and encouraged to comply

## ALCOHOL

### Position Statement

Netball WA is committed to ensuring responsible service of alcohol and supporting and promoting strategies to minimise harm from alcohol use. Netball WA and its affiliates will ensure compliance with all relevant policy guidelines constructed by the Director of Liquor Licensing.

To achieve this position, Netball WA and its affiliates will adopt the following:

- Players, coaches, officials and administrators known to be under the influence of alcohol will not be permitted to attend or participate in netball sporting activities
- Where alcohol is available and under the control of Netball WA and its affiliates:
  - Lower strength and non-alcoholic beverages will be available and promoted
  - Water will be readily available free of charge
  - 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 the age of 18 years or to intoxicated patrons
  - Excessive and/or rapid consumption of alcohol will be discouraged e.g. no happy hours and drinking competitions
  - Alcohol will not be used for prizes or awards
  - Food will be available when alcohol is served
  - Alcohol consumption by parents, coaches/instructors and other influential personnel will be discouraged particularly where young people are involved
  - The availability of alcohol will be restricted to suitable and appropriate times (e.g. a launch or post event function)
  - Drinks will be served in accepted standard size drink portions
  - The use of plastic containers will be encouraged at events, particularly outdoor events
  - Responsible alcohol use will be actively promoted
  - The irresponsible use of alcohol will not be promoted

## OTHER DRUGS

### Position Statement



Netball WA is committed to supporting and promoting strategies to prevent drug use and to minimise harm associated with drug use.

- Players, coaches, officials and administrators known to be under the influence of drugs will not be permitted to attend or participate in netball activities
- Use of drugs will not be promoted
- The use of illicit and performance enhancing drugs is strictly prohibited at any activities or events, or in any areas under the control of the Netball WA and its affiliates
- Netball WA and its affiliates will abide by the WA Government Drugs in Sport legislation and the Australian Sport Anti-Doping Authority (ASADA) legislation

## MENTAL HEALTH

### Position statement

Netball WA recognises that the creation of a positive environment that encourages and supports involvement will have a positive effect on the mental health and wellbeing of individuals and the community across all ages.

- Strategies that provide opportunities for individuals to be mentally, physically and socially active will be proactively supported
- Staff and members will be encouraged to join and actively participate in the activities of Netball WA and its affiliates and those of partner organisations
- Staff and members will be encouraged to become volunteers, to set personal goals for achievement in the activities of the Netball WA and its affiliates and to be more broadly involved in other community events and environments
- Netball WA and its affiliates will try to reduce or remove economic or social barriers to participation in their activities and promote inclusion across all levels
- Staff, volunteers and participants will be encouraged to treat all individuals and groups with respect, equality and openness
- The undertaking of education and training will be promoted and supported and positive role modelling of values, behaviour and interests encouraged
- Netball WA and its affiliates will proactively address instances of bad practice and proactively reward instances of good practice

## PHYSICAL ACTIVITY

### Position statement

Netball 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, volunteers and spectators.

- Staff, members and spectators will be encouraged to make active choices (e.g. walking, cycling or taking public transport)
- Opportunities for staff to be active during their lunch break or before/after work will be encouraged
- Netball WA will provide some flexibility in working hours so that staff may integrate exercise into their daily routine



## SUNPROTECTION

### Position Statement



Netball WA recognises that exposure to ultraviolet (UV) radiation has potential negative health effects and will therefore support sun safe practices and will introduce measures to minimize exposure.

- Shade (natural, built or temporary) will be utilised to protect participants and spectators, wherever available at events under the control of Netball WA and its affiliates
- Staff representing Netball WA and its affiliates will always act as positive role models by adopting sun protection behaviours such as wearing broad brimmed, bucket or legionnaire style hats, long sleeved shirts, extra length shorts, sunglasses and sunscreen
- When natural shade is not available, Netball WA and its affiliates will supply and erect portable shade structures at events under their control
- Best endeavours to implement a “no hat, no sunscreen, no play” policy for activities involving juniors in order to encourage juniors to learn and adopt sun protection behaviours
- All uniforms and clothing provided for Netball WA, its affiliates and members will comply with the design and fabric standards recommended by The Cancer Council WA
- Sunscreen (SPF 30+, broad spectrum water resistant) will be made available to participants and spectators at events under the control of Netball WA and its affiliates. However, when this is not possible these parties will be encouraged to bring their own

## INJURY PREVENTION

### Position Statement

Netball WA recognises that an unsafe environment has the potential to negatively impact on the health and wellbeing of individuals and the community and will therefore introduce measures to prevent injury and promote safety.

- Protective equipment will be promoted and encouraged and, where necessary, made mandatory
- Members, staff and officials will be given the opportunity to attend approved training and accreditation courses in injury prevention and treatment
- Appropriate first aid equipment will be made available at all training and competition sessions under the control of Netball WA and its affiliates
- Correct fluid replacement practices will be implemented at all training and competition sessions under the control of Netball WA and its affiliates
- Consideration will be given to the environmental conditions (heat, cold, playing and surface conditions) when conducting training and competition sessions
- Sports Medicine Australia’s policies and guidelines on blood and infectious diseases, pregnancy and sports participation and children in sport will be adopted where appropriate
- Warm up, stretch and cool down routines will be conducted at all training and competition sessions under the control of Netball WA and its affiliates
- Netball WA affiliates will be encouraged to ask their members to complete a pre-participation medical assessment form and highlight any medical condition

