

# Swimming WA Incorporated

## Health Policy

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## 1. Policy Overview and Purpose

Swimming WA (SWA) has developed this Policy for the benefit of all members and the community; the following should be observed for all events and activities conducted by Swimming WA and its Member Clubs. The policy also complies with the requirements to be met between Healthway and Swimming WA.

Implementation of appropriate Health Guidelines will:

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

Health Guidelines will benefit Swimming in the following ways:

- It demonstrates the sport's 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 swimming is suitable 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 swimming 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 developing policies that protect good health and encourage healthy behaviour, organisations will be seen as making a positive contribution to the community.

## 2. Scope

The Health Guidelines are for everyone involved in or affected by swimming in Western Australia, including Swimming WA, Member Clubs, Regions, Individual Members, volunteers, participants and audiences at meets.

## 3. Smoke Free Policy

Swimming WA recognises that smoke-free environments protect non-smokers from the harmful effects of environmental tobacco smoke (ETS) and vaping smoke (e-cigarettes) and contribute to reducing tobacco and vaping consumption levels. Swimming WA will encourage quitting attempts and discourage young people from uptaking smoking.

- All indoor and outdoor pool environments, including participant and audience areas, are 100% smoke-free
- All functions (including presentation evenings, meetings, and sponsorship VIP events) will be 100% smoke-free (both tobacco and vaping smoke).
- All venues for sponsored programs and events will be 100% smoke-free.
- Tobacco products will not be sold on any premises under the control of Swimming WA or Member Clubs.
- Swimming WA's offices are a smoke-free workplace
- from smoking at any official engagement or activity related to the sponsored program.

## 4. Food and Catering Policy

Swimming WA understands and recognises the importance of good nutrition and the role it plays in maintaining good health and well-being. Providing healthy food choices encourages healthy eating and helps prevent ill health. Swimming WA Members must be educated on the long-term benefits of making healthy food choices.

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

- Healthy alternatives should, where possible, be offered at functions and activities under the direct control of Swimming WA and its Member Clubs and Regions.
- Where possible, fresh fruit and vegetables will be available as choices.
- Where beverages are available at functions and activities, healthier alternatives should be offered. Water should be provided at functions and activities held by Swimming WA, Member Clubs, and Regions.
- Food and beverage vouchers and giveaways should only be given for healthy options.
- Swimming WA, Member Clubs, and Regions should, where possible, increase the range and availability of healthy food and drink options available at events and premises under their control.
- Healthy food and drink options will be promoted at the point of sale at food outlets within Swimming WA and its affiliates' direct control.
- Swimming 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 Swimming WA, Member Clubs, and Regions, appropriate training will be available for paid staff and volunteers, e.g. Food Safe Food Handling Program
- Food and beverages offered by Swimming WA, Member Clubs, and Regions, or by food suppliers under their governance, will use their best endeavours to use the WA Department of Education School Canteen Traffic Light System as a guide.
- Where food vendors are required, Swimming WA, Member Clubs, and Regions will attempt to source vendors that provide healthier food and beverage alternatives.
- Where food and drinks are provided 'on-site' by providers contracted by Swimming WA, Member Clubs, and Regions:
- Compliance with this policy will be a condition of any new food supply or catering contract and related leases.
- Compliance with this 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.

## 5. Alcohol Policy

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

Swimming WA, Member Clubs, and Regions will adopt the following:

- Athletes, coaches, officials and administrators who are under the influence of alcohol will not be permitted to attend or participate in Swimming WA, Member Clubs, or Regions sporting activities.
- Where alcohol is available and under the control of Swimming WA, Member Clubs, and Regions:
  - Lower strength and non-alcoholic beverages will be available and promoted
  - Water will be readily available.
  - Alcohol will be served by 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.

- Nobody under 18 should be served alcohol at a SWA or Member Club event.
- Excessive and rapid consumption of alcohol will be discouraged, e.g. no happy hours and drinking competitions.
- Food will be available when alcohol is served.
- Alcohol consumption by parents, coaches/instructors and other influential personnel will be discouraged, mainly where young people are involved.
- Alcohol should not be served during competition or training.
- Responsible alcohol use will be actively promoted, while the irresponsible use of alcohol will be strongly discouraged.

## 6. Other Drugs

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

- Athletes, coaches, officials and administrators known to be under the influence of drugs will not be permitted to attend or participate in Swimming WA, Member Clubs, or Regions activities.
- Use of drugs will not be promoted.
- Swimming WA, Member Clubs, and Regions will abide by the Australian Sport Anti-Doping Authority Act 2006 (Cth) (ASADA)

## 7. Mental Health

- Swimming WA recognises that creating a positive environment that encourages and supports involvement will positively affect the mental health and well-being 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 Swimming 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 Swimming WA and its affiliates and to be more broadly involved in other community events and environments
- Swimming 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 equally and openly.
- Education and training will be promoted and supported, and positive role-modelling of values, behaviour, and interests will be encouraged.
- Swimming WA and its affiliates will proactively address instances of bad practice and reward instances of good practice.

## 8. Sun Protection Policy

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

- Swimming WA strongly recommends and supports sun-safe practices for all activities.
- Swimming WA will endeavour to conduct outdoor Events and meets during daylight hours when UV exposure is at its lowest and encourage clubs to follow this practice (i.e., outside the hours of 10:00 a.m. and 3:00 p.m. when UVR is at its peak, whenever possible).
- Natural shade will be utilised to protect participants and spectators wherever possible.

- Staff and members representing Swimming WA will always act as positive role models by adopting sun protection behaviours, such as wearing long-sleeved shirts, extra-long shorts, sunglasses and applying sunscreen.
- Swimming WA will endeavour to provide or request venues to provide sun shelters wherever practicable and encourages Member Clubs and Regions to adopt similar practices.
- Swimming WA will encourage all competitors, Members and spectators to utilise and reapply sunscreen products regularly during all SWA events.
- SWA will provide broad-spectrum, water-resistant 30+ or higher sunscreen bottles at all outdoor venues for competitor use.
- At outdoor venues, Officials should be rotated regularly out of the sun and wear broad-brimmed hats, long-sleeved shirts and long trousers.

## 9. First Aid Policy

Swimming WA is committed to supporting the improvement of the health of the community through safe participation in sport and physical activity

- Appropriately qualified first aid person will attend all training and competition sessions.
- Appropriate first aid equipment shall be available during all warmup periods and competition sessions.

## 10. Other

Swimming WA will:

- Ensure elite athletes, club and association officials, and staff members act as appropriate role models to the broader swimming community, particularly junior participants.
- Review this Health Policy on an annual basis.
- Maintain a copy of this policy and the policies it refers to on the Swimming WA website
- Ensure breaches of this Policy are addressed through Swimming WA Management.

## 11. Confidentiality and Reporting

Breaches of this policy must be reported to SWA Management within 14 days of any occurrence. Breaches of this policy must be kept confidential, and disclosure to any third party beyond SWA Management is not permitted unless disclosure is:

- Necessary as part of the corrective process; or
- Required by law.

## 12. Version Control

Version	Issue Date	Approved By	Approval Date	Review Date
1.0	20/6/21	SWA CEO		
1.1	25/6/21	SWA CEO	June 2021	
1.2	9/11/22	New document	November 2022	
2.0	24/8/23	Finance, Governance & Risk	August 2023	
3.0	16/11/23	SWA Board	November 2023	
4.0	April 2024			2026