

Application to host Swimming WA Club Sanctioned Meet

Healthy Club Policy

Developed by Swimming WA for the benefit of all members and the community, the following must be observed for all events and activities conducted by Swimming WA and its Affiliated clubs. The Policy also complies with requirements between Healthway and Swimming WA.

Tobacco Policy

Swimming WA recognizes that smoke free environments protect non-smokers from the harmful effects of environmental tobacco smoke (ETS) and contribute to reducing tobacco consumption levels. Swimming WA will encourage quitting attempts and discourage the uptake of smoking particularly by young people.

- 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.
- All venues where the sponsored programs and events are held will be 100% smoke free.
- Tobacco products will not be sold on any premises under the control of Swimming WA.
- Any person either employed by or representing Swimming WA in any capacity will refrain from smoking at any official engagement or activity related to the sponsored program.
- This No Smoking Policy will extend to all members at all times when wearing Swimming WA and/or sponsorship apparel.

Food and Catering Policy

Swimming WA understands and recognizes the importance of good nutrition and the role it plays in maintaining and improving health.

- Where food is available at functions and activities, healthy alternatives will be served.

Alcohol and Other Drugs Policy

In the interest of the health and safety, Swimming WA will actively seek to promote, encourage and support strategies to minimize harm from alcohol and other drug use.

- The use of illicit, banned substances and performance enhancing drugs will be managed in accordance with the Australian Sport Drug Agency Doping Policy
- At all functions, lower strength alcohol and non alcoholic beverages will be available
- Water will be freely and readily available
- Alcohol will be served in accordance with the requirements set out in the Liquor Licensing Act 1998. This includes no alcohol being served to patrons under the age of 18years or to intoxicated persons
- Excessive or rapid consumption of alcohol will be discouraged.

SunSmart Protection Policy

Swimming WA recognizes that exposure to ultraviolet radiation (UVR) has negative health effects and will therefore introduce measures to minimize exposure.

- Swimming WA strongly recommends and supports sun safe practices for all activities
- Activities should be conducted outside the hours of 10:00am and 3:00pm when UVR is at its peak whenever possible
- Natural shade will be utilized 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

Sports Safe Policy

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

- Warm up, stretch and cool down routines will be defined in the program for all Swimming WA meets. Swimmers and coaches will ensure that these are carried out
- An appropriate qualified first aid person will be in attendance at all training and competition sessions.
- Appropriate first aid equipment shall be available during all warm up periods and competition sessions.

Volunteer Welfare Guidelines

Swimming WA and Clubs hosting sanctioned competition are required to following the volunteer welfare policy, which includes;

- Refreshments (including water and electrolytes) to be served hourly while volunteers are on pool deck;
- Volunteers are required to have a ten (10) minute break every two (2) hours and a twenty (20) minute break for a meal after four hours;
- Volunteers are limited to volunteering ten hours per day unless a significant break (minimum two hours) occurs during the day.
- Minimum of twelve officials appointed to the meet including Referee, Starter, four Judge of Strokes and four in marshaling area, two additional for rotation.

Additional requirements for competitions held in an outdoor pool;

- Esky with cool drinks readily available at each end of the pool
- Sunscreen should be provided at the start of each day and available throughout the day;
- Shaded area is required for breaks;
- Shade (i.e. umbrellas) and seating available along the pool for judge of stroke.