

**WPWAI**

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**Water Polo**  
WESTERN AUSTRALIA

## **Health Policy**

**VISION:** To be WA's most enjoyable team sport

**PURPOSE:** Advance water polo in WA

**DATE:** 23<sup>RD</sup> APRIL 2015

**VERSION:** 1.6

**AUTHOR:** DALE BALLANTYNE

<b>Version</b>	<b>Date Reviewed</b>	<b>Date Endorsed (meeting type)</b>	<b>Content reviewed/purpose</b>	<b>Author/Proponent</b>
1.0	13/08/13	Board Meeting	Update	Dale Ballantyne, CEO
1.6	17/04/2015	23/04/2015 Board Meeting	Alcohol and mouthguard Policy review and update	Dale Ballantyne, CEO

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Water Polo WA provides competitions for all its members including national events, state championships, inter club and school competitions, organises state teams for 20&U National Championships and conducts coaching and referee courses for beginners to national level. Water Polo WA also provides regional centres with coaching and referee courses and assists conducting Open State Country Championships. All of these provisions assist promoting the Health Policy to its members.

## **SAFE DRUG USE PRACTICES**

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The health and safety of all participants is WPWAI's primary concern. WPWAI will actively seek to promote, encourage and support strategies to prevent or reduce harm from drug use for all participants at all levels (local, regional, state and national).

WPWAI will:

- Ensure that medications are used when needed and according to directions;
- Adopt and be guided by the Sports Medicine Australia policy on the administration of medications by non-medical personnel;
- Discourage the use of medications during injury/recovery that would enable participants to compete where they would not otherwise have been able to; and
- Educate participants through the delivery of drugs in sport information at courses conducted by the WPWAI.

## **Misuse of Drugs or Substances**

WPWAI will:

- Adopt and abide by the FINA & WPAL Doping Policy;
- Provide appropriate education for participants as to the potential harm of using prohibited or banned substances;
- Ban the use of illegal or performance enhancing drugs at all WPWAI activities;
- Not allow participants under the influence of illegal or performance enhancing drugs to participate in training or matches, in order to prevent harm to themselves and other participants;
- Provide drug education to all elite athletes and coaching/administrative staff of state representative teams;
- Ensure that athletes with conditions requiring the therapeutic use of drugs that are banned or restricted, have provided adequate and correct notification to WPAL; and
- Ensure the use of illicit and/or performance enhancing drugs will not be glamorised or promoted.

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## Alcohol Policy

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

WPWAI will ensure:

- Alcohol is served in accordance with the requirements set out in the Liquor Control Act 1988 (as at Dec 2014). This includes no alcohol being served to patrons under the age of 18 years or to intoxicated patrons;
- No advertising, promotion or serving of alcohol at junior events
  - Unless prior permission is granted from WPWAI and the service is;
    - In a restricted area, away from the pool deck
- The quiet or good order of a neighbourhood is not disturbed by activity occurring at the licensed premises or by patrons in the vicinity of the premises;
- Food and tap water is made available where alcohol is served;
- Lower strength and non-alcoholic beverages are made available and promoted and are competitively priced;
- Excessive or rapid consumption of alcohol is discouraged e.g. no happy hours and drinking competitions;
- No more than two alcohol drinks is served to an individual at any time;
- Responsible server training is provided for paid staff and volunteers who serve alcoholic drinks;
- Alcohol is not used for prizes or awards;
- Alcohol consumption by parents, coaches/instructors and other influential personnel is 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 are served in standard size drink portions and will be served in plastic containers;
- Responsible alcohol use is actively promoted and safe transport options are encouraged and promoted at events where alcohol is available;
- The irresponsible use of alcohol is not glamorised or promoted and there is no external advertising of the availability of alcohol e.g. promotional signage, tickets; and
- Participants known to be under the influence of alcohol are not permitted to participate in training or matches..

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## **SMOKE FREE ENVIRONMENT BOTH INDOORS AND OUTDOORS**

### **Smoke Free Policy**

WPWAI recognises that smoke free environments protect non-smokers from the harmful effects of Environmental Tobacco Smoke (ETS) and contribute to reducing tobacco consumption levels.

WPWAI will:

- Adopt and implement a smoke free policy for all indoor venues, outdoor functions and events under WPWAI control and will not sell tobacco products at any WPWAI event;
- Ensure affiliated clubs promote their outdoor viewing and spectator areas, or venues, as smoke free.
- Implement a smoke free policy for bench, playing areas and changing rooms for all players, coaching staff, referees and other team officials involved in competitions under WPWAI control;
- Ensure no WPWAI staff smoke while taking part in any program under the control of WPWAI; and
- Actively encourage and support affiliated clubs/associations to either adopt the WPWAI health policy or develop and implement their own health policy.

## **HEALTHY FOOD AND PHYSICAL ACTIVITY**

### **Food and Catering**

WPWAI understands and recognises the importance of good nutrition and the role it plays in maintaining health.

WPWAI will ensure:

- Where food is available at functions and activities conducted by WPWAI, healthy alternatives are readily offered and promoted. This includes the provision of foods low in fat, sugar and salt and foods that are high in fibre with a substantial fruit and vegetable content;
- Where drinks are available at functions and activities, healthier alternatives are readily offered and promoted. This includes drinks that contain a low or no sugar content;
- Food and drink vouchers and giveaways will only be given for healthy options;
- Healthy food and drink alternatives will be competitively priced in relation to less healthy alternatives.

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## **SUN PROTECTION**

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Water Polo WA has adopted the Water Polo Australia Sun Protection Policy. This policy is designed to provide guidelines that will minimise the risks associated with sun exposure for all participants in water polo.

FINA rules state that players shall not have grease, oil or similar substances on the body. This rule is intended to prevent a player gaining an unfair advantage during competition. The FINA technical committee recognised the need for sun protection and has allowed the use of alcohol based sunscreens.

Water Polo WA will undertake to:

- Strongly recommend and support sun safe practices for all activities;
- Where possible, encourage activities to be conducted before 10.00am or after 3.00pm to avoid peak UV times;
- Ensure shade is utilised to protect participants and spectators;
- Encourage staff and members representing the organisation to act as positive role models by adopting sun protection behaviours such as wearing long sleeved shirts, broad brim hats, extra length shorts, sunglasses and applying sunscreen; and
- Encourage the use of sunscreen (SPF 30+, broad spectrum water resistant) to all participants and spectators.

## **MENTAL HEALTH PROMOTION**

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Water Polo WA seeks to assist mental health by encouraging individual members to join water polo clubs to gain a sense of belonging to a community. Clubs will be encouraged to foster a sense of belonging through its social, physical and healthy environments.

Water Polo WA will proactively support mental health promotion of individuals and the community through supportive strategies which:

- Support strategies that provide opportunities for staff, members and participants to be mentally, physically and socially active;
- Proactively support strategies that encourage staff, members and participants to join and actively participate in organisation activities and those of partner organisations;
- Proactively encourage staff, members and participants to become a volunteer for the organisation, to set personal goals for achievement in the activities of the organisation and to be more broadly involved in other community events and environments;
- Reduce or remove economic or social barriers to participation; and
- Encourage staff, volunteers and participants to treat all groups in the organisation and the community with respect, equality and openness.

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## **SPORT SAFE**

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Water Polo WA is committed to improving the health of its players and coaches through safe participation in sport and physical activity.

To reflect this position, Water Polo WA will:

- Continue to actively promote and encourage warm up, stretch and cool down routines at all training and competition sessions.
- Ensure that all participants are given the opportunity to attend approved training and accreditation courses in sports injury prevention and treatment.
- Encourage all clubs to ensure that appropriately qualified and equipped first aid persons are in attendance at all training and competition sessions conducted under their control.
- Mouth guards are strongly recommended
- Encourage coaches to remind players that fluid needs to be replaced at a rate of 250ml per 20 minutes of exercise.
- Adopt Sports Medicine Australia's policies and guidelines on blood and infectious diseases, pregnancy and sports participation, and children in sport where appropriate. Further to this, FINA rule W25.1 states 'if a players is bleeding, the referee shall immediately order the player out of the water with the immediate entry of a substitute and the game shall continue without interruption. After the bleeding has stopped, the player is permitted to be a substitute in the ordinary course of the game.
- Consider environment (heat, cold, wind and rain) when conducting training and competitions.

## **OTHER**

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Water Polo WA will:

- Ensure all players, officials and spectators abide by its Codes of Conduct and Behaviour.
- Adopt the WPAL Member Protection Policy for the protection of the health, safety and wellbeing of all members of Water Polo WA. The Member Protection Policy shall provide a safe and comfortable environment so that all members can compete and enjoy the great sport of water polo, in a Harassment Free environment.
- Review this Health Policy on an annual basis.
- Ensure that breaches of the policy are addressed by relevant WPWAI endorsed sub-committees or the Water Polo WA Board of Directors.

This Health Policy was ratified at the Board Meeting held Monday 8 March 2010.

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