



Swanbourne Nedlands Surf Life Saving Club

Healthy Sporting Club Policy

Swanbourne Nedlands Surf Life Saving Club recognises and values the importance of creating a healthy environment for everyone who attends our venue. This policy sets out the aims and principles of the food and drinks provided within our sporting club and ensures the club aligns with best practice alcohol service and smoke-free environments.

Healthy Food and Drink Policy

Swanbourne Nedlands Surf Life Saving Club is committed to providing healthy food and drinks that align to the Australian Dietary Guidelines and the Australian Guide to Healthy Eating, which establish the basis for a healthy eating approach. A key message of the guidelines is to enjoy a wide variety of nutritious foods every day.

Limiting the availability of confectionery, deep fried foods, sugary drinks and take-away foods is a key component of our healthy food and drink policy. Excess consumption of these items can be harmful and displace more nutritious food and drinks.

Our sporting club is well placed to promote the importance of healthy eating, and guide the development of healthy eating patterns and behaviours of participants and spectators. Our food service can reinforce the healthy messages promoted by our venue. Swanbourne Nedlands Surf Life Saving Club will ensure a variety of healthy food and drinks are available wherever possible.

Standards for food and drinks

Swanbourne Nedlands Surf Life Saving Club will:

- ensure healthy food and drink options are available should catering be provided at activities or events
- restrict and appropriately manage the use of unhealthy food/drink (or vouchers for same) as prizes or awards
- ensure that the majority of food and drink advertising that is displayed supports our healthy eating policy

The Swanbourne Nedlands Surf Life Saving Club Rampant Swan Bar will:

- plan a menu using the Fuel to Go & Play traffic light system to rate food and drinks as green, amber or red based on their nutritional value
- ensure that healthy food and drinks (e.g. green options) are promoted and displayed more prominently than other foods (e.g. red options)
- ensure that healthy choices are priced competitively.



Alcohol Policy

In the interest of health and safety Swanbourne Nedlands Surf Life Saving Club will actively seek to promote, encourage and support strategies to minimise harm from alcohol and other drug use.

Swanbourne Nedlands Surf Life Saving Club will ensure:

- alcohol is served in accordance with the requirements set out in the Liquor Control Act 1988. This includes no alcohol being served to patrons under the age of 18 years or to intoxicated patrons
- low strength alcohol and non-alcoholic choices must be available should alcohol be available
- ensure free drinking water is available at activities or events
- alcohol (or vouchers for same) provided as prizes or awards is restricted and appropriately managed
- activities or promotions that encourage rapid consumption of alcohol (e.g. discounted drink prices, happy hours, drinking competitions), are limited and appropriately managed should alcohol be available at activities or events
- no promotions that glamorise getting drunk or imply that getting drunk is desirable e.g. providing drinks or cocktails with names that imply they will get you drunk.

Smoke-free Policy

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

Swanbourne Nedlands Surf Life Saving Club will ensure:

- all indoor and outdoor areas under the control of the club are maintained as smoke-free; including e-cigarettes
- the smoke-free policy applies to all beach, playing areas and changing rooms for all members/players, coaching staff, referees and other team officials involved in competitions under the clubs control.

Distribution of the Healthy Sporting Club Policy

- A current copy of the Healthy Sporting Club Policy will be available to all Club members.
- A signed and dated copy of the Healthy Sporting Club Policy will be distributed to the management Committee and relevant Office holders.

Renewal of the Policy

This Healthy Sporting Club Policy should be reviewed regularly.

Endorsement

We the undersigned, hereby certify that this Policy was adopted by Swanbourne Nedlands Surf Life Saving Club.

26/03/2020

Signature:  _____

Name: Luke Bishop – Club President

Signature:  _____

Name: Max Davies – Social Manager