

HEALTHY CLUB POLICY

As part of our Healthy Club Sponsorship from Healthways the Ocean Ridge Junior Cricket Club has developed the following Healthy Club Policy. The policy consolidates previous information provided And adds to it as necessary. The policy is dynamic and should be continually updated and fine tuned to suit our circumstances. Any suggestions for additions to, or improvements of, the policy are most welcome, and should be presented to the Executive Committee for consideration or e-mailed to the committee.

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Smoking

Background

Smoking is the largest single preventable cause of death and disease in Australia today with around 50 tobacco related deaths each day, 350 each week and around 18,000 each year. Every month Australian tobacco companies lose at least 12,000 customers. Ten and a half thousand quit and fifteen hundred die of diseases caused by smoking. 25% of the population are regular smokers, of which 80% have tried to quit at least once. Tobacco smoke contains over four thousand chemicals, many of which are highly toxic and over 40 of which are known carcinogens. There is no safe 'low tar' cigarette and no known safe level of consumption. Over recent years concerns about the harmful effects of cigarette smoke have lead to a number of key changes in certain areas of life. Restrictions on smoking in cinemas and restaurants, on public transport, in various work settings and in a variety of other places have become an accepted norm. Primarily this is because passive smoking is known to be dangerous, and also because tobacco smoke is regarded as unpleasant and anti-social by many.

Ocean Ridge Junior Cricket Position

In establishing a Smoke Free Policy, the Ocean Ridge Junior Cricket Club has considered the positive and negative influences children and young people face when confronted by smoking. The Policy established by the Ocean Ridge Junior Cricket Club, therefore, is not only concerned with promoting the health and safety of athletes, officials, parents and visitors by ensuring the air is free of tobacco smoke; but is also geared towards developing the most suitable environment in which young people are able to learn that smoking is not an acceptable pass time. Clearly, the Ocean Ridge Junior Cricket Club is a group which has the ability to influence our children. In conjunction with the family, peer groups etc., the immediate community can also add to the development of young people.

The Policy

In response to society's concerns about second hand smoke, the Ocean Ridge Junior Cricket Club has designated the cricket oval used as play area as a "smoke free area" during use by the club.

A player, official or parent shall not smoke tobacco or any other substance: while carrying out official duties in the presence of any player or member of the public, or in any place except in an area which has been specifically approved as a smoking area by the Executive Committee in accordance with the Ocean Ridge Junior Cricket Club policy on a smoke-free sporting environment.

Any athlete found smoking will be asked to stop immediately and the matter will be referred to the player's parent or guardian, in the first instance, or to a relevant Club official, if a parent/guardian is not present. The incident will also be referred to the Club Executive Committee. Any adult found smoking will be asked to stop or move to an area away from the sporting field.

Alcohol

ORJCC recognises the right of every individual to enjoy themselves in a safe, sociable, reliable and legal environment. With this in mind the following policy has been formulated which reinforces the Liquor Licensing Act 1998 and includes specific requirements. This policy will not only help us adhere to Liquor Licensing requirements, but will also facilitate a friendly, safe and enjoyable environment. This policy is reviewed annually.

Alcohol will not be served at the canteen while events are in progress.

If alcohol is served it will be done in accordance with the Liquor Licensing Act 1998.

Parents are encouraged not to bring alcohol to the Arena field for consumption while events are in progress.

At social and post event functions, if parents and helpers intend to consume alcohol they should do so responsibly, in accordance with the laws of Western Australia.

Other Drugs

ORJCC will seek to promote, encourage and support strategies to minimise harm from drug use for all athletes.

No athlete should train or compete with the assistance of any drug or medication, where injury would otherwise have prevented them from doing so.

Athletes with diagnosed medical conditions shall only use their medications according to medical instructions to manage their condition.

Performance enhancing drugs are strictly prohibited.

Players, officials and spectators will be asked to leave the playing area if under the influence of illegal drugs.

Medications should only be administered in accordance with Sports Medicine Australia's guidelines for administration of medication by non-medical persons.

Parents and guardians should advise coaches and officials if an athlete has a medical condition which requires the administration of medication and provide clear instructions on how they can be contacted in the event of the medication needing to be administered.

Healthy Eating

The club recognises the importance of healthy eating and good nutrition for peak sports performance.

The club will provide healthy food choices as alternatives to fast foods with low nutritional value during social events.

Ensure that food safety and hygiene practices are adopted and comply with current food legislation.

Sport Safety

Background

Injury is one of the downsides of exercise or sport. It is often caused by over doing things or lack of a proper warm-up. One of the most frustrating aspects of competitive sport for the athlete is being injured. The problem is that even with good training and coaching methods, injuries may still occur. The "Golden Rule" for all sports injuries is "*prevention is better than cure*".

Some of the most common sporting injuries are:

TENDONITIS.	Usually occurs in the shoulder, elbow, knee or achilles (ankle) tendons. Ensure a good warm-up and don't try a new exercise programme beyond your level of fitness. Well heeled shoes may help with tendonitis.
STIFF OR SORE MUSCLES.	Come after a hard, long or difficult work out. May be avoided by warm-up, warm-down and stretches.
STRAINS AND SPRAINS.	When a muscle or ligament is damaged, bleeding or swelling occurs, suppressing nerve endings, causing pain and reducing mobility. Caused through over stretching or poor warm-up.

Policy

Players should be encouraged to use the following key points to assist in preventing injuries:

Start Relaxed. Don't begin stretching until you are relaxed and the muscles are fully warmed up.

Be Systematic. Start at the head and work down to the toes or start at the centre of the body and work out towards the hands and feet.

Progress from general to specific. Do general stretching before moving onto event specific stretching.

Active stretching before passive stretching. Stretch to the full range before any additional force is used to get extra stretch.

Use Variety. Different exercises for the various parts of the body can provide a break from the monotony of always doing the same exercises.

Slow, progressive stretches. Ease into a stretch to the point where it is comfortable. It should never be painful. Do not bounce up and down at the limit of a stretch. Do not hold your breath, breathe naturally, calmly and relaxed.

Allow for individual differences. Different bodies will need different emphasis in stretching. Different events also have different flexibility needs.

Stretch Regularly. Include stretching as a regular part of your warm up and cool down.

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Seek immediate assessment and treatment for injuries and where possible follow the **R.I.C.E.R.** principle;

- o **R** = Rest injured tissues to reduce swelling and enable healing.
- o **I** = Ice the injury at once, 10 minutes every 2 hours in the first 24 hours.
- o **C** = Compress to reduce swelling within moderately firm bandage.
- o **E** = Elevate the injury above the heart to aid drainage and reduce swelling.
- o **R** = Refer to doctor or physiotherapist.

Avoid the **H.A.R.M.** scenario;

- o **H** = Heat which increases swelling and pain.
- o **A** = Alcohol
- o **R** = Running or exercise too soon, which makes an injury worse.
- o **M** = Massage, which may increase bleeding in the first 24 hours and delays healing

The wearing of sports footwear is compulsory while training and competing.

The club will maintain a complete first aid kit for each team.

The club will endeavour to have at least one person trained in first aid available on all competition days.

Sun Protection

Ocean Ridge Junior Cricket Club's Sunsmart Policy was adopted so that players, officials, parents and friends attending the Ocean Ridge Junior Cricket Club events are protected as much as possible from skin damage caused by harmful ultraviolet (UV) rays from the sun that can lead to serious skin cancers, such as melanoma, in later life.

The policy is to be implemented throughout the summer season (October through to March) and includes Saturday morning competitions, training afternoons and other Club run events. As part of general skin protection strategies the Ocean Ridge Junior Cricket Club will:

Provide adequate shade at the ovals on competition days by erecting portable shade structures

Incorporate into the Ocean Ridge Junior Cricket Club's newsletter, appropriate advice that focuses on the benefits of being Sun Smart.

Encourage all athletes to wear hats, shirts with collars and sleeves and SPF15+ broad spectrum, water resistant sun screen when exposed to the sun.

Encourage athletes and officials to drink plenty of fluids.

- * It is best to drink small quantities frequently, preferably water. However, avoid drinking water that is ice cold when you are hot as this may cause stomach cramps.
- * Fizzy drinks are not recommended while competing because of the danger of dehydration.

When not competing, encourage athletes to use shaded or covered areas.

During the summer season, timetable as many activities as possible, before 11am and after 4pm.

Encourage players to use shade and portable shelter.

As part of a personal development programme the Ocean Ridge Junior Cricket Club will advise players, parents and officials of the benefits of being Sunsmart and of the products promoted by the Cancer Foundation of WA. This will be done by including relevant information in newsletters and verbally by team management on competition days.

The Ocean Ridge Junior Cricket Club has provided in its Rules that in respect of hats, it is compulsory to wear a hat on the playing area at all times when the match is on.