HEALTHY CLUB POLICY

To the maximum extent consistent with the laws and traditions of the game of cricket, and within reasonable cost constraints, it is the club's policy to:

Shade

- Maximise use of shaded areas and structures at training sessions.
- If practicable, provide off-field shade structures for players, officials and spectators when there are no shaded facilities available.

Clothing

- Encourage the wearing of sun protective clothing for players. This includes long sleeved shirts with collars and wide brimmed hats. The use of sunglasses by players requires further consideration as regards effect on performance and risk of injury.

Sunscreen

- Provide or sell sunscreen (SPF30+) to all players. Players, officials and spectators are urged to apply sunscreen at cricket venues if outside club premises.

Smoke-Free venue

- Smoking is prohibited in all indoor club premises including (but not limited to) clubrooms, meeting rooms, and change rooms. This rule applies at all WACA clubs and includes change rooms provided by other clubs. Signage will be displayed to advise visitors of this policy and to encourage them to dispose of butts before entering the clubrooms.
- Any party hiring our clubrooms must abide by the foregoing Smoke-Free policy. Any written agreement relating to clubroom hire must contain this condition.
- No tobacco products will be offered for sale.

Safe alcohol consumption practices

- Adher to its licence conditions and ensure that no alcohol is sold to intoxicated persons or to patrons under 18 years of age.
- Offer low strength and non-alcoholic drinks as an alternative to full strength drinks.
- Discourage excessive or rapid consumption of alcohol, especially through drinking competitions etc.

Healthy eating policy

- Continue to handle and prepare food safely, and to provide healthy food for sale at lunch and for consumption at tea.
- Provide information to members on good nutrition and sports performance.

Sports safety policy

- Recognise our component of the obligation to provide a safe environment for players, officials, coaches and spectators (this obligation being shared with cricket administration and local government authorities) and maintain insurance cover for public liability and player/official injury.
- Use of illicit and performance enhancing drugs is not permitted.
- Encourage all members to adopt practices which seek to prevent injury by
    - promoting the use of protective equipment including body padding, helmets, suitable clothing and footwear
    - providing safe playing surfaces, first aid equipment and accredited personnel
    - adopting safety guidelines for net practice sessions.

Review

- The foregoing policy will be reviewed annually and the junior club encouraged to adopt additional rules regarding clothing and playing constraints.