

KDBC Health Policy

Kununurra Dragon Boat Club (KDBC)

KDBC is a small paddling club sponsored by Healthway for its annual Ord River Marathon paddle and the 250m sprint races held during the day's events of the Kununurra Water Ski Club's Dam 2 Dam race day. All events are held outdoors and the club actively promotes a SunSmart approach to skin protection in our sunny environment.

Kununurra Dragon Boat Club Health Policy

KDBC promotes a healthy and active lifestyle to all its members and visitors and supports the provision of a healthy environment for our activities.

1 Tobacco KDBC recognises that smoke free environments protect non-smokers from the harmful effects of ETS and contribute to the reduction of tobacco use. The club will encourage quitting attempts and discourage the uptake of smoking – particularly by the young.

- 1.1 Official functions conducted by KDBC will be 100% smoke free.
- 1.2 Tobacco products will not be sold by KDBC or on any premises under the control of KDBC.
- 1.3 All members of KDBC will not smoke while taking part in any event controlled by KDBC.

2 Sun Protection KDBC recognises that exposure to ultraviolet radiation (UVR) has negative health effects and has measures to minimise exposure.

- 2.1 Activities wherever possible will be conducted outside the hours of 10 AM to 3 PM.
- 2.2 Natural shade will be utilised to protect participants & spectators wherever possible.
- 2.3 Members representing the club will always act as positive roll models by adopting sun protection behaviour such as wearing sun protective clothing (long sleeves), broad brimmed hats sunglasses and applying SPF 30+ sunscreen.

3 Food and Catering KDBC understands and recognises the importance of good nutrition and the roll it plays in promoting health and optimal performance.

- 3.1 Where food is available at functions conducted by KDBC healthy alternatives will be served.

4 Alcohol and Other Drugs In the interests of health and safety KDBC will actively promote, encourage, and support strategies to minimise harm from alcohol and other drugs.

- 4.1 Low alcohol and non-alcoholic beverages will be available and promoted.
- 4.2 Tap water will readily be available free of charge.
- 4.3 Alcohol will be served in accordance with the requirements set out in the Liquor Licensing Act 1998. This includes no alcohol being served to persons under the age of 18 or to intoxicated persons.
- 4.4 Excessive consumption of alcohol will be discouraged eg. No happy hour or drinking competitions.
- 4.5 The use of illicit and performance enhancing drugs will not be allowed at KDBC events.
- 4.6 Participants known to be intoxicated by alcohol or drugs will NOT be allowed to participate.

5 Sport Safe KDBC is committed to improving the health of the community through safe participation in sport and physical activity.

- 5.1 Warm up, stretching, and cool down routines will be conducted at all training and events.
- 5.2 Appropriate first aid training will be available to relevant instructors and equipment provided at events.
- 5.3 Correct fluid replacement practices will be followed at all times.

KDBC will review this policy annually and ensure all members are aware of the policy. All breaches will be addressed through the executive of the KDBC.

President Bill Hasted Date 27th March 2004

Secretary Meegan Schell Date 27th March 2004