

**SMARTER**  
*than smoking*

# HEALTHY BASKETBALL ASSOCIATION *of the Year* AWARD 2017



## INFORMATION

Basketball WA and Healthway are working together to develop a healthy culture amongst basketball Associations in Western Australia. The focus is on creating a tobacco/smoke free environment and to improve the health and wellbeing of Associations members and supporters. The program will be managed by Basketball WA in partnership with Healthway with the winner receiving a \$500 voucher for sports equipment.

### OBJECTIVES

- To create healthy environments within Associations.
- To increase healthy behaviours by Association members and the local community.
- For all Associations to be a smoke free environment.

### REQUIREMENTS

- The Association must have a Healthy Club Policy. This can be done in conjunction with Basketball WA or through existing programs such as Top Club, Healthy Club or Good Sports.
- Healthy Club Policy must be actively adopted throughout the Association and actively be promoted to members.
- Ensure the Association venues are smoke free, implementing and maintaining a smoke free environment around the stadium or courts (outdoors).

## HOW TO PARTICIPATE

Associations are encouraged to identify priority health issues that are impacting them and their members. Associations should then work to develop and implement new initiatives and programs to increase healthy behaviours to address the identified health issue. Associations are encouraged to work with Basketball WA to adopt either existing or innovative initiatives. Focus areas include alcohol, tobacco, food and catering, mental health, sun protection, injury prevention and drugs. Examples of things to help increase healthy behaviours:

- Develop health policies in the focus areas. Basketball WA can assist in developing policies (a number are available on our website).
- Educate your members on a health issue (e.g. injury prevention, sports nutrition).
- Increase healthy options or provide alternatives to unhealthy options (e.g. offer healthy alternatives in-games, review food at canteen facilities, offer healthy alternatives at functions).
- Recognise members who make healthy choices (i.e. reward junior players who bring healthy food to matches).





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- Encourage healthy choices by providing low prices on healthy foods in canteens or free fruit during games instead of unhealthy options.
- Promote healthy messages and behaviours to Association members through social media, newsletters, etc.

## EXAMPLES

- All WABL team managers replacing unhealthy snacks during games with healthy options to encourage junior players to have healthy snacks during games.
- Recognising either Senior Domestic or SBL player's achievements with non-alcoholic prizes to encourage healthy drinking habits in the post-game or awards night environments.
- Recognising junior players for choosing healthy options or having positive healthy behaviours (i.e. always stretching before a game, cooling down properly and eating healthy pre-game and post-game).

## JUDGING

Basketball WA and Healthway will judge all applications to determine the winner, which will be presented at the Annual Basketball WA Ball in September. The criteria for judging is:

- How many programs/initiatives were implemented by the Associations.
- How effective the program/initiative was in changing behaviour within the Association.
- How well the program/initiative was promoted to the Associations members and broader community.
- What was put in place to ensure the long-term sustainability of the program to ensure the healthy behaviours continue and change is far reaching throughout the Association.

## ENTRIES

Entries will be available with the Basketball WA Awards pack that is made available at least two months before the BWA Ball. Entry submissions need to be completed on the entry form and returned with the same conditions of all Basketball WA Ball awards nominations. The winners will be announced during the Basketball WA Ball.

## PRIZES

The winner of the Smarter than Smoking Healthy Basketball Association of the Year will receive:

- \$500 voucher for sports equipment
- Two tickets to the Basketball WA Ball (winner to be notified prior to the ball)
- A trophy
- Recognition with a video package produced on Basketball WA social media channels.

