

BASKETBALL WA HEALTH POLICY

2018

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BASKETBALL WA HEALTH POLICY

1 BASKETBALL WA DRUG FREE POLICY

- 1.1 Basketball WA will actively seek to promote, encourage and support strategies to minimise harm from drug use for all participants at all levels (local, regional, State and National).
- 12 Safe Drug Use Practices. Where possible Basketball WA, its affiliated associations, clubs and members will:
 - (a) Ensure that medications are used only when needed and according to directions;
 - (b) Adopt and be guided by the Sports Medicine Australia Policy on the Administration of medications by Non-Medical Personnel;
 - (c) Discourage the use of medications in respect of injury/recovery that would enable a participant to compete where they would not otherwise have been able; and
 - (d) Educate participants through the delivery of drugs in sport information at courses conducted by Basketball WA.
- 13 Moderate Alcohol Consumption and Smoke Free Environment. In the interest of health and safety, Basketball WA will actively seek to promote, encourage and support strategies to minimise harm from alcohol and other drug use by basketball participants and patrons. Where possible, Basketball WA will:
 - (a) ensure that alcohol is served and consumed in accordance with the requirements set out in the Liquor Licensing Act 1998, including:
 - (i) Not selling or supplying alcohol to an intoxicated (drunk) person;
 - (ii) Not serving to intoxication;
 - (iii) Ensuring the quiet or good order of a neighbourhood is not frequently disturbed by activity occurring at the licensed premises or by patrons in the vicinity of the premises; and
 - (iv) Not allowing the sale or supply of alcohol to people under the age of 18 years.
 - (b) Ensure that alcohol is served in a responsible manner;
 - (c) Discourage excessive or rapid consumption of alcohol; and
 - (d) Ensure that water is readily available and free of charge.

- 14 Basketball WA recognises that smoke free environments protect non-smokers from the harmful effects of environmental tobacco smoke (ETS) and contribute to reducing tobacco consumption levels.
- (a) All indoor environments, functions and events under the control of Basketball WA are, and will remain 100% smoke free.
 - (b) Tobacco products will not be sold by Basketball WA or on any premises under the control of Basketball WA.
 - (c) Affiliated clubs are required to promote their venues and activities as 100% smoke free. BWA and affiliated association will be responsible for providing signage to make patrons aware of the smokefree environment.
 - (d) Any person, either employed by or representing Basketball WA in any capacity will refrain from smoking whilst acting in an official capacity.
- 15 Misuse of Drugs or Substances. Basketball WA will:
- (a) Adopt and abide by Basketball Australia's Anti-Doping Policy. A copy of this policy is at basketball.net.au/about_ba/policies
 - (b) Provide appropriate education for participants as to the potential harm of using prohibited substances;
 - (c) ban the use of illegal drugs at all Basketball WA activities; and
 - (d) When aware, not allow participants under the influence of alcohol and/or illegal drugs to participate in training or matches in order to prevent harm to themselves and other participants.
- 16 Supporting Elite Athletes. Basketball WA will:
- (a) Provide drug education to all elite athletes and coaching/administrative staff of State, and National teams;
 - (b) ensure that National and State Representative athletes with conditions requiring the therapeutic use of drugs that are banned or restricted have provided adequate and correct notification to Basketball Australia; and
 - (c) Encourage elite athletes to behave as appropriate role models for junior participants.

2 BASKETBALL WA SPORTSAFE POLICY

- 21 Basketball WA is committed to improving the health of its players and coaches through safe participation in sport and physical activity.
- (a) Mouthguards are mandatory for all players under the age of 18 years competing in the Western Australian Basketball League and all State team representatives.
 - (b) Warm up, stretch and cool down routines are conducted at all training and competition sessions.
 - (c) Members, coaches and officiating personnel are given the opportunity to attend Sports Medicine Australia training and accreditation courses in sports injury prevention and treatment.
 - (d) An appropriately qualified first aid person will be in attendance at all competitions and at training sessions.
 - (e) Appropriate first aid equipment will be available at all competition and training sessions.
 - (f) Basketball WA adopts and abides by Basketball Australia's Blood policy. A copy of the policy is at basketball.net.au/about_ba/policies.
 - (g) Basketball WA refers to and is guided by the Sports Medicine Australia Infectious Diseases Policy.
 - (h) Correct fluid replacement practices are encouraged at all training and competition sessions. Sharing of water bottles is strongly discouraged and players are encouraged to provide their own water bottles.
 - (i) Players will be encouraged to use suitable clothing and footwear at all times during training and competition. Consideration will be given to environmental conditions with the use of outdoor courts, such as temperature and playing surface conditions.

3 BASKETBALL WA FOOD AND CATERING POLICY

- 31 Basketball WA understands and recognises the importance of good nutrition and the role it plays in maintaining and improving health. The provision of healthy food choices, such as foods low in fat, high in fibre and with a substantial fruit and vegetable content encourages healthy eating. To reflect this position Basketball WA will:
- (a) Continue to ensure that healthy alternatives are available at any function, activity or venue under its control at which food is offered.
 - (b) Provide healthy beverages at functions, activities and venues with free water always available.
 - (c) Reduce unhealthy food and drink options at any functions, activities or venues under its control
 - (d) Ensure food and beverage vouchers and giveaways will only be given for healthy options
 - (e) Where possible use vendors that provide healthier food and beverage alternatives when external vendors are required
 - (f) Encourage the adoption of the same approach by all clubs
 - (g) Provide staff and volunteers involved in food management with appropriate training for preparation of food.

4 BASKETBALL WA SUN PROTECTION POLICY

4.1 Basketball WA recognises that exposure to ultraviolet radiation (UVR) has negative health effects and will therefore provide practical measures to minimise exposure. To reflect this position, Basketball WA:

- (a) Strongly recommends and supports sun safe practices for all activities including scheduling outdoor activities outside the hours of 1000hrs and 1500hrs when UVR is at it's peak;
- (b) Will encourage the use of shade (both natural and man-made) to protect participants and spectators to the fullest extent possible;
- (c) Will ensure staff members representing the organisation act as positive role models by adopting sun protection behaviours including wearing long sleeved shirts, wide brimmed hats, sunglasses and sunscreen during outdoor activities where appropriate; and
- (d) Will provide sunscreen (SPF 30+, broad spectrum water resistant) for use by all participants and spectators.

5 MENTAL HEALTH POLICY

5.1 Promoting positive mental health promotion involves any action taken to maximise wellbeing in individuals and communities. It includes fostering a sense of belonging through improving social, physical and economic environments as well as enhancing the coping capacity of individuals and communities.

Basketball WA will proactively support positive mental health promotion in individuals and the community through supportive strategies which:

- (a) provide opportunities for individuals to be mentally, physically and socially active **(ACT)**
- (b) encourage individuals to join and actively participate in Basketball WA activities and those of partner organisations **(BELONG)**
- (c) encourage individuals to become a volunteer with Basketball WA, to set personal goals for achievement in the activities of the organisation, and to be more broadly involved in other community events and environments **(COMMIT)**
- (d) reduce or remove economic or social barriers to participation in Basketball WA activities
- (e) Encourage participants, volunteers and organisers to treat all groups in the organisation and in the community in general with respect, equality and openness.

6 PREGNANCY GUIDELINES

Basketball WA will adopt and abide by Basketball Australia's "Pregnancy and Basketball Participation Guidelines". A copy of these guidelines is at basketball.net.au/about_ba/policies.

7 OTHER

7.1 Basketball WA will:

- (a) Ensure elite athletes, club and association officials and staff members act as appropriate role models to the broader basketball community and particularly to junior participants
- (b) Review this Health Policy on an annual basis
- (c) Maintain a copy of this policy and the policies it refers to on the Basketball WA website: <http://www.basketballwa.asn.au>
- (d) Ensure breaches of this Policy are addressed through Basketball WA Management.

8 HEALTH POLICY CONCERNS

By contacting Basketball WA you can:

- (a) Complain to us if you believe that any provision of Basketball WA's health policy has been breached.
- (b) Obtain more information regarding Basketball WA's health policy and guidelines.

9 CONTACT DETAILS

Postal: Basketball WA
PO Box 185
FLOREAT WA 6014

Telephone: (08) 6272 0741

Facsimile: (08) 6272 1307

E-mail: reception@basketballwa.asn.au

Website: <http://www.basketballwa.asn.au>