



Rebound WA

Health Policy

Updated August 2024

Contents

1. Tobacco Policy
2. Food & Catering Policy
3. Alcohol Policy
4. Drugs Policy
5. Mentally Healthy Policy
6. Physical Activity Policy
7. Sun Protection Policy
8. Injury Prevention Policy
9. Other

Introduction

Rebound WA Inc. (Rebound WA) is committed to the promotion of good health for all members, staff, volunteers, participants and spectators.

The following Health Policy demonstrates Rebound WA's commitment to providing a healthy environment and a duty of care to all involved with the organisation.

The Board will review the Health Policy document annually to ensure compliance with various Government legislations and to ensure the policies are relevant to its constituents.

Rebound WA administrators recognise they act as role models to the general community and particularly to young people and will take this responsibility seriously.

All staff, members and volunteers of Rebound WA are required to adhere to the following Health Policy and non-compliance will be addressed in accordance with this policy.

1. Tobacco Policy

Rebound WA recognises that smoke free environments protect non-smokers from the harmful effects of tobacco smoke and contribute to reducing tobacco consumption levels.

Rebound WA will ensure:

- 1.1 All events and associated venues will be smoke free (including E-cigarettes).
- 1.2 All enclosed areas under the control of Rebound WA will be 100% smoke free.
- 1.3 All official functions (including dinners, receptions, presentations, fundraising events, meetings, and social occasions) will be 100% smoke free.
- 1.4 All outdoor seating and other viewing areas under the control of Rebound WA will be smoke free.
- 1.5 Tobacco products will not be sold by Rebound WA or on any premises under the control of Rebound WA.
- 1.6 Rebound WA (whether directly or through a third party) will not receive money, other benefits or have arrangements with the tobacco industry (including sales, promotion or distribution of tobacco products).
- 1.7 Any person, either employed by or representing Rebound WA in any capacity will not smoke or be seen carrying tobacco products whilst acting in an official capacity.
- 1.8 All entrances and exits to buildings under the control of Rebound WA will be smoke free to within 5m of the doorways.
- 1.9 All areas are maintained so that smoking is not visible at any events or functions under its control. This includes areas such as the front of buildings, venue entrances and spectator areas if these are under Rebound WA's control.
- 1.10 Encouragement and support for staff and members to quit smoking.

2. Food and Catering Policy

Rebound WA understands and recognises the importance of good nutrition and the role it plays in the maintenance of good health and well being. Rebound WA also recognises that the provision of healthy food choices encourages healthy eating and helps to prevent ill health.

Rebound WA will ensure:

- 2.1 Where food is available at functions and activities, healthy alternatives will be encouraged. This includes the provision of foods low in fat, sugar and salt and foods that are high in fibre with a substantial fruit and vegetable content.
- 2.2 Where beverages are available at functions and activities, healthier alternatives are offered. This includes beverages with low/no sugar content.

- 2.3 Water is always provided for free at functions and activities.
- 2.4 Where possible food and beverage vouchers and giveaways are only given for healthy options.
- 2.5 All fundraising activities involving food or drink items meet the guidelines outlined in 2.1 and 2.2 above.
- 2.6 An increased range and availability of healthy food and drink options at events and at premises under Rebound WA's control.
- 2.7 Where food vendors are required, Rebound WA will attempt to source vendors that provide healthier food and beverage alternatives.

3. Alcohol Policy

Rebound WA is committed to ensuring responsible service of alcohol and supporting and promoting strategies to minimise harm from alcohol use. Rebound WA will ensure compliance with all relevant policy guidelines constructed by the WA Director of Liquor Licensing.

Rebound WA will ensure:

- 3.1 Participants known to be under the influence of alcohol are not permitted to participate in Rebound WA sporting events.
- 3.2 That when alcohol is available, lower strength and non-alcoholic beverages are promoted and readily available.
- 3.3 Tap water is readily available and free of charge.
- 3.4 Alcohol is served in accordance with the requirements set out in the Liquor Licensing Act 1988. This includes no alcohol being served to patrons under the age of 18 years or to intoxicated patrons.
- 3.5 Excessive and/or rapid consumption of alcohol is discouraged.
- 3.6 Food is available when alcohol is served.
- 3.7 Alcohol consumption by parents, coaches/instructors and other influential personnel is discouraged particularly where young people are involved or in attendance.
- 3.8 The availability of alcohol is restricted to suitable and appropriate times (e.g. a launch or post event function).
- 3.9 Alcohol is not used as a prize in any activity involving or promoted to individuals under 18 years of age.
- 3.10 Alcohol is served in accepted standard size drink portions.
- 3.11 Responsible alcohol use is actively promoted.
- 3.12 The irresponsible use of alcohol is not glamorised or promoted.

- 3.13 Any intoxicated patrons are not allowed entry to any venue under the control of Rebound WA, nor will they be able to remain on the premises if they have already been admitted. However, Rebound WA has a duty of care to the patron's health, safety and wellbeing and, as such, intoxicated patrons will be safely removed and provided with water and medical attention if required.

4. Drugs Policy

Rebound WA is committed to supporting and promoting strategies to prevent drug use and to minimise harm associated with drug use.

Rebound WA will ensure:

- 4.1 Participants known to be under the influence of illicit drugs are not permitted to participate in any Rebound WA activity.
- 4.2 Use of drugs is not glamorised or promoted.
- 4.3 The use of illicit and performance enhancing drugs is not allowed at any activities or events, or in any areas under the control of Rebound WA.
- 4.4 Rebound WA will abide by the WA Government Drugs in Sport legislation and the Sports Integrity Australia (SIA) legislation.
- 4.5 Any patron known to be under the influence of illicit drugs is not allowed entry to any venue under the control of Rebound WA, nor will they be able to remain on the premises if they have already been admitted. However, Rebound WA has a duty of care to the patron's health, safety and wellbeing and, as such, the patron will be safely removed and provided with water and medical attention if required.

5. Mentally Healthy Policy

Rebound WA recognises that the creation of a positive environment that encourages and supports involvement will have a positive effect on the mental health and well-being of individuals and the community.

Rebound WA will:

- 5.1 Support strategies that provide opportunities for staff, spectators and participants to be mentally, physically and socially active.
- 5.2 Support strategies that encourage staff, spectators and participants to join and actively participate in the activities of Rebound WA.
- 5.3 Encourage staff, spectators and participants to become volunteers, to set personal goals for achievement in the activities of Rebound WA and to be more broadly involved in other community events and environments.
- 5.4 Reduce or remove economic or social barriers to participation in its activities

- 5.5 Encourage staff, volunteers and participants to treat all individuals and groups with respect, equality and openness.

6. Physical Activity Policy

Rebound WA recognises that participation in regular physical activity has important health and social benefits and is committed to encouraging safe physical activity participation for its staff, members, participants, volunteers and spectators.

Rebound WA will:

- 6.1 Encourage members/employees to make active choices (e.g. walking, pushing, cycling or taking public transport all or part of the way to work).
- 6.2 Integrate opportunities for physical activity into organised events and functions.
- 6.3 Provide opportunities for employees to be active during their lunch break or before/after work. This includes the provision of showering and/or changing facilities and secure facilities for storing bicycles.
- 6.4 Provide some flexibility in working hours so that members and staff may integrate exercise into their daily routine.

7. Sun Protection Policy

Rebound WA recognises that exposure to ultraviolet (UV) radiation has potential negative health effects and will therefore support sun safe practices and will introduce measures to minimise exposure.

Rebound WA will ensure:

- 7.1 Where possible, outdoor activities are conducted outside of the hours 10.00am to 3.00pm to avoid peak UV times.
- 7.2 Shade (natural, built or temporary) is utilised to protect participants and spectators, where possible.
- 7.3 Staff and members representing Rebound WA always act as positive role models by adopting sun protection behaviours such as wearing hats, long sleeved shirts, extra length shorts, sunglasses and sunscreen.
- 7.4 That for activities involving juniors a “no hat, no sunscreen, no play” policy applies in order to encourage juniors to learn and adopt sun protection behaviours.
- 7.5 Sunscreen (SPF 30+, broad spectrum water resistant) is made available to participants and spectators. However, when this is not possible these parties will be encouraged to bring their own.

8. Injury Prevention Policy

Rebound WA recognises that an unsafe environment has the potential to negatively impact on the health and well-being of individuals and the community and will therefore introduce measures to prevent injury and promote safety.

Rebound WA will:

- 8.1 Promote and encourage the use of protective equipment and, where necessary, make it mandatory.
- 8.2 Provide the opportunity for members, staff and officials to attend approved training and accreditation courses in injury prevention and treatment.
- 8.3 Ensure an appropriately qualified first aid person is in attendance at all disability awareness programs and Rebound events, whenever possible.
- 8.4 Ensure there is access to appropriate first aid equipment at all training sessions and events.
- 8.5 Encourage correct fluid replacement practices at all training and competition sessions.
- 8.6 Give due consideration to the environmental conditions (heat, cold, playing and surface conditions) when conducting training and competition sessions.
- 8.7 Adopt Sports Medicine Australia's policies and guidelines¹ on blood and infectious diseases, pregnancy and sports participation, and children in sport where appropriate.
- 8.8 Ensure warm up, stretch and cool down routines are conducted at all training and competition sessions whenever possible.

9. Other

Rebound WA will ensure:

- 9.1 All staff and volunteers representing Rebound WA will be made aware of the health policy.
- 9.2 Athletes will act as appropriate role models for junior participants.
- 9.3 The policy is reviewed annually.
- 9.4 Any breaches of the policy are addressed through Rebound WA Management.

Document Control

Version of document 3

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¹ Sports Medicine Australia's policies and guidelines can be found at <http://sma.org.au/resources/policies-guidelines/>