



## **Bendigo Senjuns Hockey Club**

### ***Health Promotion Policy***

#### **Introduction:**

Sports Focus, Community Health Bendigo and Vic Health have worked together in implementing health promotion strategies around the key areas of:

- Skin cancer prevention and early detection.
- Smoking cessation and the environment.
- Healthy catering.
- Responsible management of alcohol and drug related behaviours.
- Physical activity

For more information phone:

- Sports Focus 5442 3101
- Nutrition Australian (Vic Division) (03) 8341 5800
- Australian Drug Foundation (03) 9611 6100
- Drug and Alcohol Foundation 1300 858584
- Cancer Council Victoria – QUIT Smoking, Sun Smart (03) 9514 6100
- Bendigo Community Health Services – (03) 5406 1200 Kangaroo Flat, Bendigo Central and Eaglehawk
- Heart Foundation Australia 1300 362 787 / 13 11 12

Or contact the following websites:

[http://www.ausport.gov.au/supporting/clubs/resource\\_library/club\\_manage](http://www.ausport.gov.au/supporting/clubs/resource_library/club_manage)

<http://goodsports.com.au/resources/articles/sample-policies/#read>

### **Rationale:**

- Two out of three Australians will experience skin cancer in their lifetimes. Australia has the highest rate in the world. It costs at least \$500 million per year and is one of the most preventable cancers (Anti-Cancer Council). In 2009 more than 11,500 people in Australia were diagnosed with melanoma and in 2011, 2,000 people died due to skin cancer. Over 434,000 people are treated, in Australia, for one or more non-melanoma skin cancers each year.
- Smoking is the largest preventable cause of death and disease in Australia. Approximately 40 deaths per day, 15,500 people per year die from diseases related to smoking (Anti-Cancer Council). Smoking resulted in over 750,000 days spent in hospital and cost \$670 million in hospital costs in 2004-05.
- The major causes of death in Australia – heart disease, stroke, certain cancers, non-insulin dependent diabetes and obesity, are all associated with the food we eat. (Heart Foundation.)
- Over 6,500 Australians die each year from the effects of alcohol (Australian Drug Foundation). Alcohol accounts for 13% of all deaths among 14 – 16 year old Australians. Alcohol cost the Australian community about \$15.3 billion in 2004-05.
- 30 minutes of light exercise most days can achieve health benefits (Vic Health).
- The impact of Drugs in Australia – in 2018 2,070 people died from drug-related causes, 1556 were unintentional deaths, more people died from drug overdoses than road accidents, all forms of drug use cost Australia more than \$100 billion in both social and economic costs.

### **Sunsmart Policy:**


#### **Outdoor Events:**

- Where possible outdoor events will be scheduled outside the hours of 11.00 am to 3pm in summer.
- Where possible, volunteers will be encouraged to:
  - schedule their own duties to minimise exposure to Ultra violet rays.
  - wear sun protective clothing including: broad brimmed hats; long sleeves; sunglasses; apply broad-spectrum SPF30+ sunscreen – therefore acting as role models.

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Date Approved: 4 August 2021

Date last reviewed: 7 December 2023

Signature: 

Next review due: 7 December 2025

- Where possible volunteers will ensure sunscreen is available at outdoor events (SPF30+).

### **Smoke Free Policy:**

#### **Events:**

- Where possible indoor and outdoor events will be smoke free. (HCV Hockey complex has a no smoking policy inside the perimeter fence)
- Volunteers to role model and encourage smoke free behaviour.

### **Healthy Eating Policy:**

#### **Events:**

Ensure where possible:

- that a variety of healthy food choices are available,
- that caterers used for events are able to provide a variety of healthy food choices,
- that healthy food choices will be priced competitively where possible,
- that limits will be put on:
  - the variety of deep fried foods offered, and
  - the range of pastry items offered,
- that a range of healthy beverages are available such as water and one hundred percent fruit juices,
- the use of the current Vic Health slogan 'Eat Well – Live Well!'
- Provision of gluten free, vegetarian and vegan foods available where possible

Note: For the purpose of this Policy healthy food choices refers to:

The promotion of:

- a wide variety of food from all food groups,
- a variety of breads – wholegrain, wholemeal, rye, white,
- lean meat and chicken,
- low fat sausages and hamburgers,
- low fat cooking methods such as grilling, dry roasting, steaming, microwaving, stir frying,

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- the use of low salt products,
- the use of a wide variety of fresh fruit and vegetables, and
- the use of low fat dairy products.

Limiting:

- The variety of deep fried foods offered.
- The range of pastry items offered.
- The range of high sugar content foods and drinks.

Ensuring:

- A range of healthy beverages are available such as water and one hundred percent fruit juice.

#### **Physical Activity Policy:**

- The physical activity of thirty minutes of light exercise on most days will be promoted by Sports Focus where possible.

#### **Responsible Management of Drugs and Alcohol Policy:**

##### **Events - Indoor & Outdoor**

##### **A) Alcohol**

**This policy provides the basis for the responsible use of alcohol by the Bendigo Senjuns Hockey Club. The following requirements apply:**

##### **Serving of alcohol:**

- Alcohol will be served in accordance to the liquor licensing requirements.
- Personnel must be trained in responsible serving practices and hold RSA certificate.
- A list of RSA trained members is to be kept and updated as needed.
- Serving personnel will discourage any activity which promotes excessive or rapid consumption of alcohol. Serving personnel do not consume alcohol when on duty.
- Low alcohol and non-alcoholic drinks will be priced competitively to full strength alcohol drinks.
- Where possible water and other non- alcoholic beverages will be available at all functions. Water at no cost.

##### **Intoxicated Patrons:**

- Alcohol will not be sold to any patron who is intoxicated.
- Volunteers will follow procedures for dealing with, and refusing alcohol to intoxicated patrons.
- Intoxicated patrons will not be admitted and will be requested to leave – with appropriate safe transport options on offer.
- An incident register shall be maintained and any incident recorded.

#### **Underage Drinking:**

- Alcohol will not be served to minors (people under 18).
- Volunteers will request proof of age where appropriate.
- Only photo ID will be accepted as “proof of age”.

#### **B) Drugs**

**It is the intention of the Bendigo Senjuns Hockey Club to be vigilant and proactive with respect to our Drug and Alcohol policy. All reasonable steps will be taken to ensure compliance and that all the activities of our club members – player, official, family member and supporter - comply with acceptable community standards and the law. Illicit drug use by any club member, player, official, family member and /or supporter, will not be tolerated.**

No Bendigo Senjuns Hockey Club member, player, official or supporter may possess, use or supply an illegal drug – within the vicinity of the club rooms, anywhere in the grounds of HCV Hockey Venue, or at any function involving the Club – training, game day or social function.

#### **Transport:**

- Where possible taxi phone numbers will be prominently displayed near public phones.


#### **Education:**

- The Club members will promote these policies via:
  - Role modelling sun smart behaviour
  - Signage
  - Public announcements
  - Media articles, and
  - Including slogans, as directed: “Eat well, live well”, “Active for life”

- Promotion of training - e.g., RSA

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