

HEALTH POLICY

1 PURPOSE

The purpose of this policy is to guide Squash WA and Clubs on how to adopt and promote healthy practices

2 SCOPE

Healthway provides sponsorship that supports the association's annual program with particular focus on junior and country programs. This policy covers all programs and events conducted by Squash WA, including those that do not have direct Healthway sponsorship.

3 RESPONSIBILITIES

This policy covers all Squash WA areas of authority and applies to everyone involved in the activities of Squash WA including Board Members, Committee Members, staff, volunteers, players, coaches, administrators, referees, markers, officials, parents and stakeholders.

4 POLICY STATEMENT

Squash WA aims to encourage and facilitate enjoyable participation in the sport of squash and to promote health and safety to our members and all other participants.

5 POLICY

5.1 Smoking

Squash WA recognises that smoking has a negative effect on general health and severely reduces sporting performance. We will therefore actively encourage a smoke free environment by:

- Ensuring that all playing and training venues under the direct control of Squash WA and venues used for club functions be totally smoke-free.
- Ensuring that any person representing the Association refrains from smoking whilst acting in an official capacity.
- Promoting the positive health benefits of not smoking.

5.2 Alcohol Consumption

Squash WA recognises that excessive alcohol consumption has a negative effect on general health and severely reduces sporting performance.

Refer to our Alcohol Management Policy.

5.3 Drugs

Squash WA prohibits the use of illicit and performance enhancing drugs.

Refer to WADA National Anti-Doping Policy.

5.4 Healthy Eating

Squash WA understands and recognises the important role that good nutrition plays in maintaining good health and assisting sporting performance. We will therefore encourage healthy eating by:

- Ensuring that healthy food alternatives are provided at all events conducted by Squash WA.
- Encouraging healthy food alternatives to be provided at all squash events not directly under the control of Squash WA.

5.5 Sun Protection

Squash WA recognises the excessive exposure to the ultraviolet radiation (UVR) of the sun can have a negative health effect. With Squash being an indoor sport, we are by nature sun safe. We will also ensure that our outdoor activities are conducted with a full awareness of necessary sun protection procedures being followed.

5.6 Mental Health

Squash WA is aware that sport can have a beneficial effect on the mental well being of those involved. It provides an opportunity to foster a sense of belonging as well as enhancing the ability to cope in either individual or group situations. We will therefore:

- Encourage all individuals to be involved in the sport of Squash.
- Remove any perceived or actual barriers to inclusion.
- Encourage mutual respect between all those involved in the sport of Squash by treating people with respect, equality and openness.
- Encourage positive role modelling of values, behaviour and interests.
- Proactively address instances of bad practice.
- Proactively reward instances of good practice.

5.7 Sport Safe

Squash WA is committed to improving the health of the community through safe participation in the sport of Squash by participants of all ages. With this in mind we will:

- Ensure that requirements of the Working with Children legislation are followed and that Working with Children Checks are held for all employees involved with child-related work.
- Ensure that requirements of the Working with Children legislation are followed and that a Working with Children Check is held for all volunteers requiring such document.
- Promote the Working with Children requirements to all our associated Clubs and Centres as well as others involved with Squash and ensure that they are meeting requirements.
- Enforce the compulsory wearing of eyewear by all juniors (19 years and under) whenever they are on a squash court.
- Encourage the wearing of eyewear by all participants in the sport of squash.
- Actively encourage and promote warm up, stretching and cool down procedures at training and competition sessions.
- Ensure appropriate first aid equipment is available at all times.
- Encourage the attendance of appropriately qualified first aid personnel whenever possible.
- Provide the opportunity for players, coaches and officials to attend approved training and accreditation courses in sports injury prevention and treatment.
- Ensure that correct fluid replacement prevention practices are promoted at all training and competition sessions
- Promote an understanding of the Laws of Squash (in particular the let rule) to ensure that safety procedures are observed.

5.8 Commitment

Squash WA will ensure commitment to these policies by:

- Encouraging participants, officials, coaches and parents to all become a role model in the promotion of health issues.
- Ensure participants are informed about our Health policy.
- Promote the Health Policy on our Website.
- Encourage and assist coaches to undertake and maintain accreditation.
- Regularly review the Health Policy.

6 ACCOUNTABILITIES

Squash WA is responsible for ensuring that staff and members have read and understand the requirements of this policy.

Squash WA staff and members are responsible for abiding by this policy at all times.

Version	Date	Amendments approved by the Board	Approved Date	Review Date
01	Sept 2022	Document reviewed	Sept 2022	Sept 2025