

# ALCOHOL AND DRUG FOUNDATION

 Good Sports & Healthy Club Environments



# Acknowledgement of Country

I wish to acknowledge the traditional owners of the land on which we are meeting today and pay my respects to Elders past and present.



# What we are going to cover tonight

1. **A bit about us**
2. **Protective factors of sports clubs**
3. **Mitigating risks to juniors** – How to create a healthy club environment for junior members
4. **Good Sports** – How the Good Sports program can help in your community
5. **Online Portal & Resources**– How Good Sports resources can help create a supportive environment for mental health
6. **Questions**

# THE ALCOHOL AND DRUG FOUNDATION

- Celebrating more than **60 years** of supporting Australians
- **Australia's leading organisation** committed to inspiring positive change and delivering evidence-based approaches to **minimise alcohol and drug harm**.
- We know that **strong communities** are the best way to prevent future harm.
- Our Vision is: '**lives unlimited by alcohol and other drugs**'



# What makes your club/association an important part of your community?



# Protective vs Risk factors

## Protective factors

- ✓ **Role modelling**
- ✓ **Exercise and physical activity**
- ✓ **Social connection**
- ✓ **Structure and routine**
- ✓ **Teamwork/unity**
- ✓ **Peer/mentor support**



# Protective vs Risk factors

## Risk Factors

- x **Role modelling**
- x **Exercise and physical activity**
- x **Social connection**
- x **Structure and routine**
- x **Teamwork/unity**
- x **Peer/mentor support**



# Mitigating risks for young people

- Juniors are heavily influenced by what they see around them, and sporting clubs present a potential environment for them to be exposed to alcohol if not proactively managed
- For young people, the safest option is to delay the onset of drinking alcohol for as long as possible
- This means that if juniors are going to play in senior teams, clubs need to make sure that they are not exposed to alcohol or risky drinking behaviour of senior members.
- **Step 1:** Become a Good Sports club & follow your alcohol policies

# Good Sports

- A program aimed at creating **healthier and more family-friendly** environments.
- **Australia's largest** and longest running health initiative in community sport.
- Created in 1999 in Victoria and commenced in **WA in 2013**.
- Over 11,000 Good Sports clubs with over **1400 in WA**
- Designed for busy, volunteer-led clubs
- **Free to join**, funded through Healthway
- **Full support** from ADF staff.

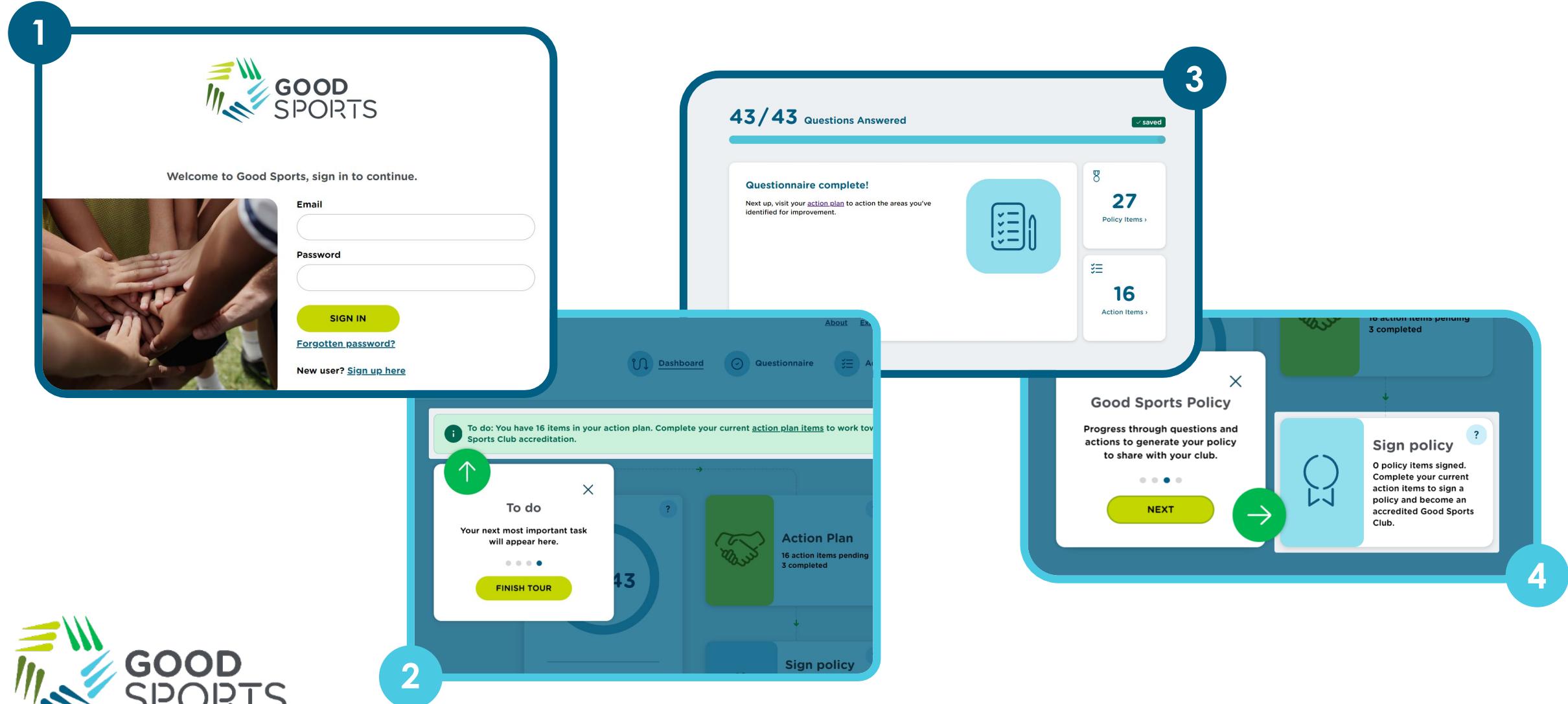


# Good Sports

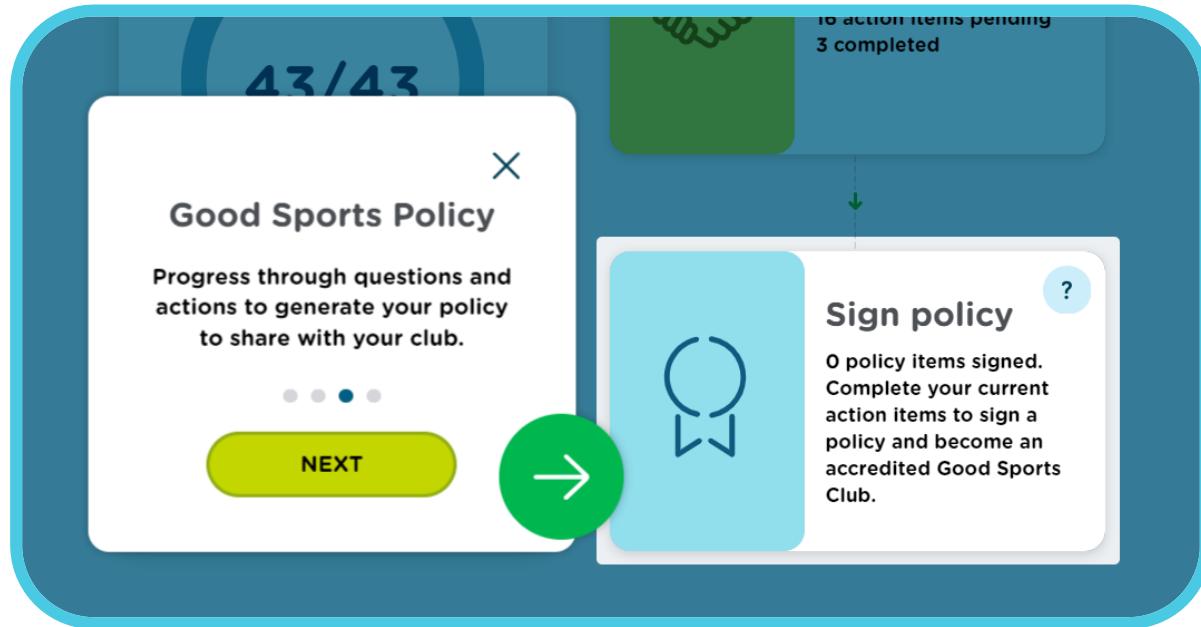
- Areas we help clubs with:
  - ✓ **Alcohol** management
  - ✓ **Illegal drug** management
  - ✓ Safe **transport**
  - ✓ **Smoking** management
  - ✓ Self care/**mental health**
- Support clubs to implement a tailored policy with our online tools and resources



# Your club's Good Sports portal



# Your club's Good Sports policy



- Fills any 'gaps' related to creating positive club cultures
- These may include safe celebrations, smoking/vaping, mental health, safe transport, spectator behaviour or illegal drugs
- We understand clubs have existing policies/by laws in place
- Comprehensive policies matter to funding bodies, sporting associations and local government

# Your club's Good Sports accreditation



✓ Signed policy for minimum club health and safety requirements



✓ Signed policy for other harm reduction items tailored for **your club**



# Resources



- AGM checklist
- Editable RSA posters
- Fundraising kit
- Grant support
- Good Sports Awards
- Healthy BBQ ideas
- Junior club kit
- Liquor Licensing requirements
- Managing alcohol in your club
- Marketing your canteen – Fact Sheet
- Mental Health toolkit
- Department of Health "No Smoking/Vaping" stickers
- Pre-season checklist
- Preventing poor spectator behaviour
- Professional Social Media Toolkit
- Safe transport guide & poster
- Serving safe food poster
- Smoking law requirements
- Vaping information
- Volunteer toolkit
- Women in sport

Plus, many more at  
[www.goodsports.com.au/resources](http://www.goodsports.com.au/resources)

# Who's a Good Sports Club Already?

- Broome Squash Club
- Bunbury Squash Club
- Eastern Goldfields Rackets Association
- Exmouth Squash Club
- Geraldton Squash Rackets Association
- Mirrabooka Squash Club
- Vic Park Squash Club
- Squash WA

**THANK YOU!**

**Scan to sign up or log in  
to the Good Sports portal**

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