

ALCOHOL AND DRUG FOUNDATION



Good Sports & Healthy
Club Environments

SQUASH
WA



ADF

Alcohol
and Drug
Foundation



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

- × **Role modelling**
- × **Exercise and physical activity**
- × **Social connection**
- × **Structure and routine**
- × **Teamwork/unity**
- × **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.

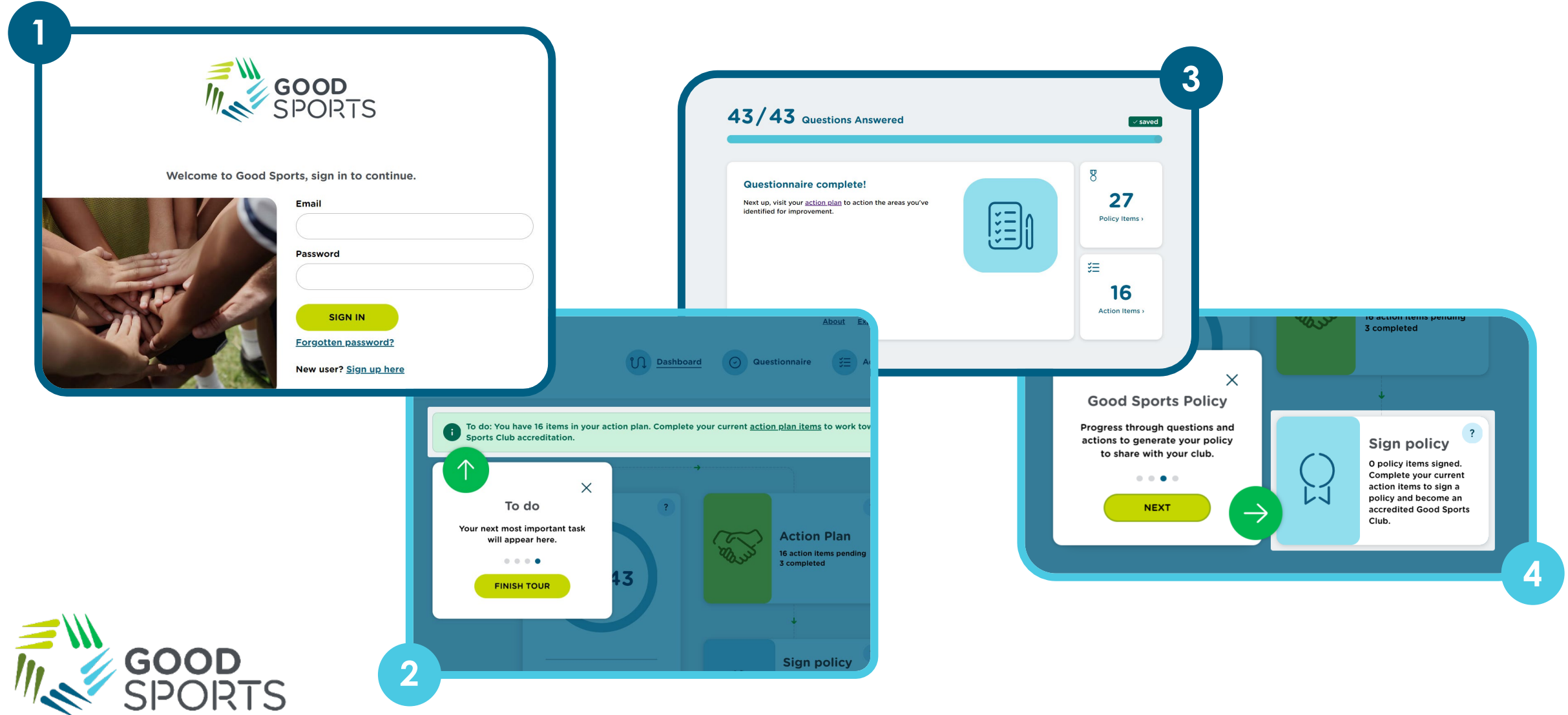


Good Sports

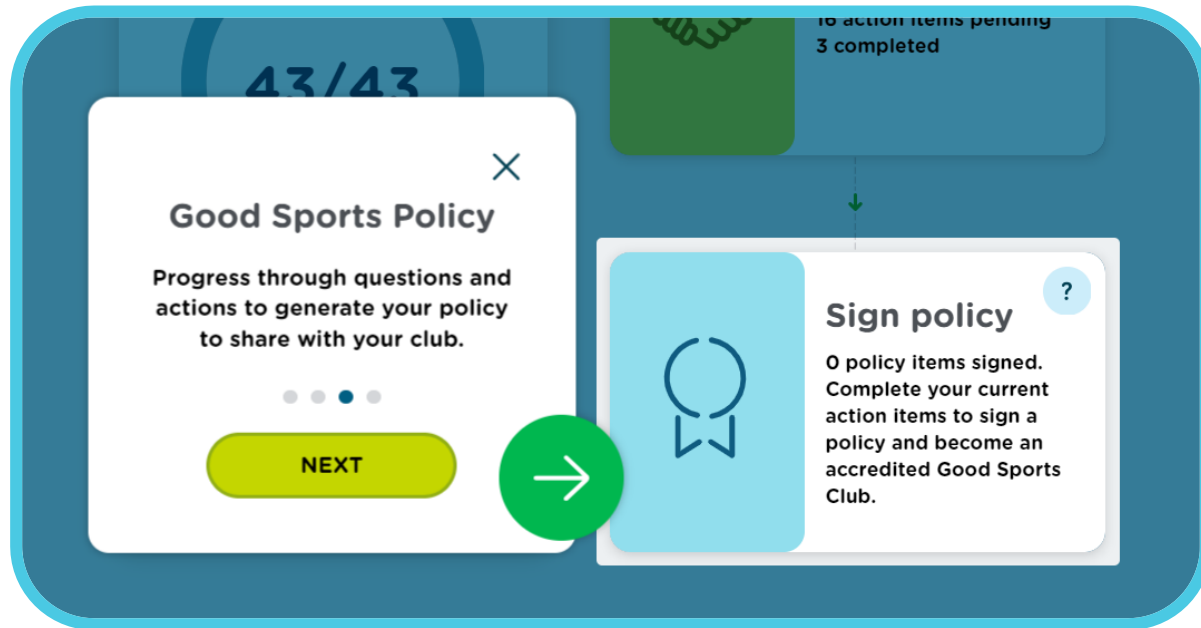
- Areas we help clubs with:
 - ✓ **Alcohol** management
 - ✓ **Illegal drug** management
 - ✓ Safe **transport**
 - ✓ **Smoking** management
 - ✓ Self care/**mental health**
- Support clubs to implement a tailored policy with our online tools and resources



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



VOLUNTEER TOOLKIT



SOCIAL MEDIA TOOLKIT

ALCOHOL MANAGEMENT TOOLKIT



MENTAL HEALTH

Mental health problems like depression or anxiety can affect anyone.

If you're feeling off your game, or you're worried about a team mate, your Good Sports club can help.

Talk to your coach, a club official or welfare officer to find out how.

FOR HELP IN A CRISIS

Emergency services	000
Lifeline (24 hour advice support)	13 11 14
Mindline (24 hour advice support for people 16-25)	1300 057 147
Headline (24 hour advice support for people 16-25)	1300 057 147

FOR SUPPORT AND INFORMATION

Headline (24 hour support for people 16-25)	1300 057 147
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CLUB FUNDRAISING KIT

Sometimes it's difficult to see the fun side of fundraising. Coming up with an innovative idea, finding out where to start and what's available - this can all waste valuable time and money. Think outside the box with these fun, healthy ideas and help your club raise those much needed dollars.

ORGANISE A FREE CAR WASH

Encourage fans of your members to help out for the car wash. Encourage them to bring their own car wash soap and brushes. Encourage them to bring their own car wash soap and brushes. Encourage them to bring their own car wash soap and brushes.

HAVE A PLANT SALE

Encourage fans of your members to help out for the plant sale. Encourage them to bring their own plants and pots. Encourage them to bring their own plants and pots. Encourage them to bring their own plants and pots.

HOLD A LOCAL SERVICES AUCTION

Encourage fans of your members to help out for the local services auction. Encourage them to bring their own services and items. Encourage them to bring their own services and items. Encourage them to bring their own services and items.

HOLD A CLUB KARAOKE NIGHT

Encourage fans of your members to help out for the club karaoke night. Encourage them to bring their own karaoke equipment. Encourage them to bring their own karaoke equipment. Encourage them to bring their own karaoke equipment.

OFFER CHANGE ROOM HOOKS FOR SALE

Encourage fans of your members to help out for the change room hooks for sale. Encourage them to bring their own change room hooks. Encourage them to bring their own change room hooks. Encourage them to bring their own change room hooks.

RESPONDING TO ILLEGAL DRUGS AT YOUR CLUB

Reference for the club officials

1. INITIAL RESPONSE

- Always focus on the safety and welfare of those involved.
- Follow the club's illegal drug policy or drug of concern procedure.
- Seek medical attention when required.
- Continue and include the club's welfare representative or club official as soon as possible.

2. INVESTIGATING A CONCERN OR INCIDENT

- Obtain the club's policy and welfare of members procedure.
- Follow the club's illegal drug policy or drug of concern procedure.
- Seek medical attention when required.
- Continue and include the club's welfare representative or club official as soon as possible.

3. THE CLUB'S RESPONSE

- Obtain the club's policy and welfare of members procedure.
- Follow the club's illegal drug policy or drug of concern procedure.
- Seek medical attention when required.
- Continue and include the club's welfare representative or club official as soon as possible.

SUPPORTING MENTAL HEALTH CONVERSATIONS

Has someone not been themselves?

If you notice someone's been off for more than two weeks, seems to be getting worse, or is struggling with daily functioning, they may need some support with their mental health. Have the conversation and talk them to the right support.

ASK

Do you have a concern about someone's mental health?

Yes, I'm concerned about someone's mental health.

Monitor and check in as needed.

UNDERSTAND

Do you have a concern about someone's mental health?

Yes, I'm concerned about someone's mental health.

Call 900 or take them to the emergency department.

REFER

Do you have a concern about someone's mental health?

Yes, I'm concerned about someone's mental health.

Contact parents as needed.

TIME TO CLEAR THE AIR ON VAPING

Vaping's a hot topic right now.

Is it safe, is it being used on young people, is it addictive, is it harmful to your health, is it a hot topic right now. So, make sure you have all the latest, evidence-based facts to share with your club members.

Is vaping nicotine harmful?

No. Nicotine is a natural substance found in tobacco and is addictive. It is not harmful to your health.

Are e-liquids dangerous?

No. E-liquids are made from food-grade flavourings and are safe to use. They are not harmful to your health.

Can vaping lead to dependence?

No. Vaping does not lead to dependence. It is a safe and healthy way to enjoy nicotine.

Do vapes contain nicotine?

No. Vapes do not contain nicotine. They are a safe and healthy way to enjoy nicotine.

Is vaping risky?

No. Vaping is not risky. It is a safe and healthy way to enjoy nicotine.

Is vaping bad for your lungs?

No. Vaping is not bad for your lungs. It is a safe and healthy way to enjoy nicotine.

ROAD TO GOLD

After you've taken the first big step by earning your Good Sports accreditation, it's time to head for the finish line. Your Gold Medal accreditation isn't for off, just a few more steps to complete. Of course, Good Sports is here to help every step of the way.

BEST YOUR CLUB CAN BE

An accredited Gold Medal Good Sports club has progressed through the whole program and completed all or most of it. Your club now covers alcohol and tobacco management, legal drugs, mental health, safe transport and supporting your members (if applicable to your club). Your members will appreciate all the effort you put in, and any potential sponsors will see how serious your club is about building a safe, welcoming and family-friendly environment.

THE BENEFITS

It's not just about having a greater glow - a Gold Medal accreditation has many benefits.

Respect

Good Sports clubs are leaders in the community. They are known for their commitment to safety, health and well-being. They are known for their commitment to safety, health and well-being.

Healthy members

Healthy members and fans are the foundation of a successful club. They are the foundation of a successful club. They are the foundation of a successful club.

Promote yourself

Good Sports clubs are leaders in the community. They are known for their commitment to safety, health and well-being. They are known for their commitment to safety, health and well-being.

- 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

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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