

# OUR COUGAR

# FAMILY



## HEALTHY CLUB

## POLICY





Managed by: Cockburn Basketball Association

Responsible Person: TT

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**BUSINESS AREA: Governance/Operations**

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**Approval Of Policy/Rules Documents**

Amended by **Tyrone Thwaites**, Cockburn Basketball Association **CEO** on **01/06/2019**

**POLICY:** Cockburn Basketball Association Board Approved and Minuted V01 on 01/06/2019 at the scheduled board meeting.

Version	Date Approved	Next Review	Amendments
V01	01/06/2019	01/07/2023	





## **INTRODUCTION**

Cockburn Basketball Association recognises and values the importance of creating a healthier environment for everyone who attends our venue. This policy sets out the aims and principles of the food and drinks provided within our sporting club and ensures the club aligns with best practice alcohol service and smoke-free environments.

## **HEALTHY FOOD AND DRINK POLICY**

Cockburn Basketball Association is committed to providing healthier food and drinks that align to the Australian Dietary Guidelines and the Australian Guide to Healthy Eating, which establish the basis for a healthy eating approach. A key message of the guidelines is to enjoy a wide variety of nutritious foods every day.

Limiting the availability of confectionery, deep fried foods, sugary drinks and unhealthy take-away foods is a key component of our healthy food and drink policy. Excess consumption of these items can be harmful and displace more nutritious food and drinks.

Our sporting club is well placed to promote the importance of healthy eating, and guide the development of healthy eating patterns and behaviours of participants and spectators. Our food service can reinforce the healthy messages promoted by our venue. Cockburn Basketball Association will ensure a variety of healthier food and drinks are available at all times.

## **STANDARDS FOR FOOD AND DRINKS**

Cockburn Basketball Association will:

- ensure healthy food and drink options are available should catering be provided at activities or events
- not use unhealthy food/drink (or vouchers for same) as prizes or awards
- ensure that the only food and drink advertising that is displayed supports our healthy eating policy
- ensure free drinking water is available at activities or events

The Cockburn Basketball Association Canteen will:

- plan a menu using the Fuel to Go & Play traffic light system to assess the nutritional value.
- ensure that healthy food and drinks (e.g. green options) are promoted and displayed more prominently than other foods (e.g. red options)



- ensure that healthy choices are priced competitively.

Fill the  
menu

Select  
carefully

Limit or  
remove

## **FOOD SAFETY AND HYGIENE**

Cockburn Basketball Association will comply with the Food Act 2008 (WA) and the Food Regulations 2009, including:

- Our club will apply for registration with the local council as a food business
- Our club will notify the local council prior to conducting a charitable or community event involving food (i.e. sausage sizzle)
- Information on these requirements will be sought from the local council prior to any function, i.e. sausage sizzle, where food will be provided.

The Cockburn Basketball Association canteen licensee will ensure that all paid and volunteer staff:

- complete food safety and hygiene training e.g. FoodSafe® Food Handler Training program or its equivalent
- wear hats, hairnets and aprons which will be provided by the canteen licensee
- not sell (or provide) foods made at home or brought in by staff or volunteers from a commercial supplier through the food service
- prepare, cook, transport and serve food in such a way as to retain nutrients and to minimise bacterial contamination and growth.

## **OCCUPATIONAL HEALTH AND SAFETY**

Cockburn Basketball Association will comply with the *Occupational Safety and Health Act 1984* and *Occupational Safety and Health Regulations 1996*. Examples include:

- All staff and volunteers to be made aware of evacuation procedures in case of fire or other emergency
- All staff and volunteers to wear enclosed footwear when working in the food service (e.g. kiosk, bar). Shoes with heels or open sandals/flip flops are not acceptable



- Only food service staff and volunteers rostered for duty may enter the premises during normal trading hours
- Children (e.g. children of staff or volunteers) are not permitted in the food service during normal trading hours.

## **ALLERGY AND ANAPHYLAXIS MANAGEMENT**

All paid and volunteer staff need to be aware of the risk's food allergy poses. It is important to:

- know how to identify and manage food allergy
- understand the law with regards to food allergy and food service provision
- know what is in your food so that you can provide accurate information about foods a customer is allergic to
- know how to respond to enquiries from customers with food allergy.

Cockburn Basketball Association will encourage staff and volunteers to complete *All about Allergens* online training available free at <https://foodallergytraining.org.au>

## **ALCOHOL POLICY**

In the interest of health and safety Cockburn Basketball Association will actively seek to promote, encourage and support strategies to minimise harm from alcohol and other drug use.

Cockburn Basketball Association will ensure:

- alcohol is served in accordance with the requirements set out in the Liquor Control Act 1988. This includes no alcohol being served to patrons under the age of 18 years or to intoxicated patrons
- alcoholic drinks are served in standard-sized drink portions, should alcohol be available
- low strength alcohol and non-alcoholic choices must be available should alcohol be available
- ensure free drinking water is available at activities or events
- alcohol (or vouchers for same) must not be provided as prizes or awards
- no activities or promotions that encourage rapid consumption of alcohol (e.g. discounted drink prices, happy hours, drinking competitions), should alcohol be available at activities or events
- no promotions that glamorise getting drunk or imply that getting drunk is desirable e.g. providing drinks or cocktails with names that imply they will get you drunk.



## **SMOKE FREE POLICY**

Cockburn Basketball Association recognises that smoke-free environments protect non-smokers from the harmful effects of Environmental Tobacco Smoke (ETS) and contribute to reducing tobacco consumption levels.

Cockburn Basketball Association will ensure:

- all indoor and outdoor areas under the control of the club are maintained as smoke-free; including e-cigarettes
- the smoke-free policy applies to all bench, playing areas and changing rooms for all players, coaching staff, referees and other team officials involved in competitions under the clubs control.

## **MENTAL HEALTH POLICY**

Cockburn Basketball Association will ensure:

- support strategies that provide opportunities for staff, members and participants to be mentally, physically and socially active
- proactively encourage staff, members and participants to volunteer for the organisation, to set personal goals for achievement and to more broadly be involved in other community events and environments
- encourage staff, volunteers and participants to treat all groups in the organisation and community with respect, equality and openness.

## **SUN PROTECTION POLICY**

Cockburn Basketball Association recognises that exposure to ultraviolet radiation (UV) has negative health effects and will therefore introduce measures to minimise exposure.

Cockburn Basketball Association will remain committed to implementing the existing 'CBA Heat Policy'.



## **INJURY PROTECTION POLICY**

Cockburn Basketball association is committed to improving the health of its players and coaches through safe participation in sport and physical activity.

Cockburn Basketball Association will:

- promote and encourage the use of protective equipment where appropriate
- conduct warm up, stretch and cool down routines at all training and competition sessions
- ensure an appropriately qualified first aid person is in attendance at all training and competition sessions, whenever possible.

## **DISTRIBUTION OF THE HEALTHY SPORTING CLUB POLICY**

- A current copy of the Healthy Sporting Club Policy will be on permanent display in the CBA Notice Board
- A signed and dated copy of the Healthy Sporting Club Policy will be distributed to all Cockburn Basketball Association and members (including board/committee members).