



HEALTH POLICY
Equestrian Western Australian Incorporated.
 ABN : 53 591 481 584

Policy:	Health Policy
Policy Area:	Member Policies - EWA Members, Affiliates & Associations
Date Approved:	28 th January 2010
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Equestrian WA Incorporated (herein referred to as EWA) is the State Sporting Association (the SSA for equestrian) based at the State Equestrian Centre, Brigadoon (herein referred to as the SEC) the major state sporting equestrian facility in Western Australia.

EWA acknowledges that the good health and safety of all participants should always be the first priority. The key to preventing and reducing harm related behaviour and to encourage healthier lifestyles is to have a coordinated approach that involves the implementation of appropriate policies and the education of participants.

The Health Policy is an essential outcome of a risk assessment evaluation for any SSA and their respective sporting clubs.

This Health Policy identifies a number of key areas that reinforce the belief of EWA, that good health and safety within our organisation is a necessity. The key areas identified are tobacco products in sport, sun smart sport, drug free sport, safe sports, and healthy eating.

1. TOBACCO POLICY

EWA recognises that passive smoking is hazardous to health and that non-smokers should be protected from the involuntary inhalation of tobacco smoke. EWA will actively seek to promote, encourage and support strategies to prevent or eradicate the use of tobacco by all participants at all levels (local, region and state).

Where possible, Equestrian WA will ensure a smoke free environment by:

- Adopting and implementing a Tobacco Free Policy for all indoor venues under EWA control and not selling tobacco products at any SEC event run by EWA.
- Ensure educational material is available to participants on the dangers of smoking.
- Providing tobacco disposal bins only in outside areas at SEC.
- Strongly encouraging Clubs to promote their events as smoke free through signage, PA announcements and/or other initiatives.
- Strongly encourage Clubs to promote their venues/activities as smoke free.
- Adopt and implement Tobacco Free Policy for all indoor venues, outdoor functions and events under EWA control and not sell tobacco products at any EWA events.

1.1. NON-SMOKING AREAS

Smoking is prohibited within all the following areas (whether or not a non-smoking sign is erected) and as such no provision for the disposal of smoking material will be provided:

- Any area contained under the roof of the main arena including the Office, Bar and Conference rooms, Undercroft, Marshal's office, PA box and toilets.
- In any vehicle owned or maintained by the EWA.

- In the Stable Block, Measuring Bay, Swab Box or any area that is enclosed.
- Outdoors – along left side of Indoor arena opposite International Arena.
- At all food outlets at the SEC.

2. SUN SMART SPORT POLICY

EWA recognises the need to ensure that all participants of equestrian sports appreciate that exposure to the sun's ultraviolet radiation (UVR) increases the risk of skin damage, skin cancer and damage to the eyes. We will actively seek to promote, encourage and support strategies to prevent or reduce harm from the sun's UVR for all participants i.e., riders, officials, administrators, volunteers, supporters and spectators at all levels (local, region, state).

Where possible Equestrian WA will ensure a Sun Smart Sport environment by:

Ensuring staff representing EWA will act as positive role models by adopting sun protection behaviours such as:

- Recommending people wear shirts with long sleeves and a collar to provide better protection from the sun.
- Recommending people wear a hat with a broad brim to protect the face, ears and neck.
- Encouraging people to apply a broad spectrum (water resistant if possible) sunscreen with a SPF of 30+. Endeavour to ensure that sunscreen is available for all clubs to use at their events and make sunscreen available at all SEC events.
- Encouraging people to wear wraparound sunglasses that meet the Australian Standard for UV protection (AS 1067).
- Provide a sun smart awareness area at events at the SEC.

2.1. EVENT MANAGEMENT SUN SMART GUIDELINES

It is recommended that event organisers adopt the following practices:

- Whenever possible, reduce the time spent outdoors when UVR levels are at the highest. This means between 10:00am and 3:00pm.
- If possible use available shade, e.g. marquees, trees, building shadows to shade spectators, officials and riders not competing.
- If possible provide permanent and temporary shade structures.
- Encourage sun protection behaviours by making announcements over the Public Address System.

2.2. TRAINING AND SQUAD DAYS

- Endeavour to incorporate sun protection behaviour and practices during the training activity.
- Encourage the Coach to be an effective role model.

2.3. STATE EQUESTRIAN CENTRE FACILITIES

- Ensure Centre future planning includes upgraded shaded spectator viewing areas.
- Increase shading through natural resources such as trees.

3. DRUG FREE POLICY

EWA recognises the need to ensure that all participants are educated about tobacco, alcohol, medication and other drugs, in order to prevent or reduce potential harm. We will actively seek to promote, encourage and support strategies to prevent or reduce harm from drug use for all participants at all levels (local, region and state).

Where possible Equestrian WA will ensure an environment safe from drug use by:

- Adopting and abiding by the Equestrian Australia Ltd. Anti-Doping Policy and By-Laws.
- Adopting and being guided by the Sports Medicine Australia Policy on the administration of medications by non-medical personnel.
- Discouraging the use of medication in respect of animal or rider injury/recovery that would enable a horse/rider to compete where they would not otherwise been able (e.g. Performance enhancing, reducing or normalising substances).
- Educating participants through the delivery of drugs in sport information at courses conducted by or on behalf of EWA.
- Ensure appropriate education material is available for members as to the potential harm of using prohibited or banned substances.
- Banning the use of illegal drugs at all EWA activities.
- Endeavour to ensure that no participants under the influence of illegal drugs are allowed to participate in training or matches.

3.1. MODERATE ALCOHOL CONSUMPTION

- Ensure compliance with the Liquor Licensing Act 1998 including meeting its legislative obligations in relation to –
 - The sale or supply of alcohol to an intoxicated person.
 - Not serving to intoxicated persons.
 - The quiet or good order of a neighbourhood not frequently being disturbed by activity occurring at the licensed premises or by patrons in the vicinity of the premises.
 - The sale or supply of alcohol to people under the age of 18.
 - Ensure that alcohol is served in a responsible manner (e.g. no promotions or discounted drinks).
- Endeavour to ensure food, water, non-alcohol and low-alcohol alternatives at licensed venues.
- Implementing an alcohol tolerance level for all members when competing at EWA events –
 - All participants known to be intoxicated due to alcohol will not be allowed to participate and perform in order to prevent harm to themselves and the general public.

3.2. SUPPORT HIGH PERFORMANCE ATHLETES

- Provide drug education to all athletes in EWA High Performance Programme and coaching/administrative staff of State Representative teams.
- Request that athletes with conditions requiring the therapeutic use of drugs that are banned or restricted, have provided adequate and correct notification to the EWA.
- Encourage High Performance athletes to behave as appropriate role models for junior participants.

4. SPORT SAFE POLICY

EWA is committed to improving the health of the equestrian and wider communities through safe participation in sport and physical activity. We will actively seek to promote, encourage and support strategies that reduce the likelihood of injury for any participants or animals at all levels (local, region and state).

Where possible Equestrian WA will ensure a sport safe environment by:

- Ensuring that participants wear safety equipment as stipulated by Equestrian Australia requirements (eg. helmets for most competitions and appropriate boots while riding).
- Encourage that the use and promotion of protective equipment for the horse and competitor.
- Ensuring that officials, members, coaches, spectators, officiating personal, staff and any other person have access to first aid equipment while on the SEC Grounds.
- Providing educational information for all coaches, officiating personal and riders on the prevention of injury in sport for both horses and riders.
- Encourage that all coaches or co-coordinators in attendance at training sessions or squad days will have first aid accreditation.
- Encourage that organisers of events make available adequate fluid replacement at all events or squad training days held at the SEC.
- Endeavour to ensure that accredited medical staff is present at all major events held at the SEC.

5. HEALTHY EATING POLICY

EWA recognises that healthy catering is about choice and variety. It is not necessary to have only healthy foods on the menu, but to allow the consumer to have a choice. Healthy eating is a vital part of good health. Lifestyle diseases such as heart disease, stroke, certain cancers, non-insulin diabetes and obesity are major contributors to death in Australia. These are all influenced by the food we eat.

EWA acknowledges that healthy eating can have an impact on our health and that the provision of healthy foods will contribute to better health for all. EWA will ensure that a variety of healthy food choices are available for all activities and events conducted by EWA officials and officers whether they are held at the SEC or a different location. This includes but is not limited to: committee meetings, members meetings, squad days and events.

Where possible Equestrian WA will ensure an environment which offers healthy food choices by:

Adopting the principles outlined in the “Dietary Guidelines for Australians” when planning healthy choices for menus and catering. Endeavor that healthy choice/options comply with healthy eating guidelines. Further:

- The use of healthy cooking methods when preparing foods
- That healthy food choices are displayed more prominently than other foods.
- That healthy food choice is priced competitively.
- Healthy food choices at promoted as all catered events (e.g. a "healthy special").

- That food safety and hygiene practices are adopted and that they comply with current food legislation (Food Safety Standards as of February 2002) and that they are a Foodsafe Premises, or have an equivalent food safety program in place.
- Ensure that a contract with any caterer includes the “Enjoy Healthy Eating” message in their contract and adopt the same principles outlined above.
- Ensure that prizes provided do not conflict with the healthy food policy.

6. MENTAL HEALTH PROMOTION POLICY

Mental health promotion involves any action taken to maximise well being in individuals and communities. It involves fostering a sense of belonging through improving social, physical and economic environments as well as enhancing the coping capacity of individuals and communities.

While mental health promotion opportunities can occur at any time, EWA will proactively support positive mental health promotion of individuals and the community through supportive strategies which:

- Actively encourage individuals to participate in EWA activities.
- Actively encourage individuals to become volunteers in the organisation.
- Actively encourage individuals to be more broadly involved in other community events and environments.
- Encourage removal of economic or social barriers to participation.
- Encourage positive role modelling of values, behaviour and interests.
- Encourage participants, volunteers and organisers to treat people with respect, equality and openness.
- Proactively address instances of bad practice.
- Proactively reward instances of good practice.

7. WORKING WITH CHILDREN POLICY

EWA is committed to providing a child safe organisation. We will actively seek to identify, assess and minimise risk within EWA for all members. EWA junior members are valued, respected and included so they feel confident within our equestrian community.

The “Working with Children” check aims to help protect children under the age of 18 in Western Australia by:

- Deterring people from working with children where they have criminal records that indicate they may harm children; and
- Preventing people with such records who do apply for work with children from working in a paid or unpaid capacity.

The “Working with Children” check cannot solely be relied on to protect children from people who may harm them. It is just one strategy EWA is able to support.

Where possible Equestrian WA will ensure a safe “Working with Children” environment by:

- As an employer, EWA adopts good recruitment, selection, supervision and training practices for our staff and volunteers who work with children.
- All EWA staff will obtain the “Working with Children” check
- Ensuring that all members that register as Equestrian WA NCAS Coaches and Officials obtain the “Working with Children” check
 - It is their responsibility to send EWA a copy of their clearance
- Equestrian WA encourages volunteers who provide their valuable time in excess of the 5-day threshold to seek a valid “Working with Children” check.
- Support and respect staff and volunteers by providing training and guidelines for employees and volunteers on how to work with and care for children and young people.
- Ensure our Codes of Conduct are relevant to this Policy.
- Ensuring EWA Risk Management Strategies are sound and effective to ensure safety for participants and members.

7. OTHER

EWA Board and Administration recognise they act as role models to the general community and particularly to young people and will take this responsibility seriously. EWA will review this policy annually and ensure all staff and members associated with the organisation are aware of this Policy. The EWA Board will address any breaches within one month of the breach being reported, providing the breach is reported within one month.

7.1. SUPPORT FOR AFFILIATES (CLUBS)

EWA will support Clubs to implement this Health Policy in the following ways:

- Publishing this Policy on the EWA Website.
- Provision of information when making bookings at the State Equestrian Centre.
- Through personal client contact.
- Provision of a pre-event checklist including the Health Policies.

Anyone wishing to discuss any aspect of this policy is invited to contact any members of the committee. Your co-operation is appreciated.

Signed for and on behalf of the

Equestrian Western Australia Inc

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NAME

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POSITION

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DATE