



Policy: Healthy Club

1. RATIONALE AND PURPOSE

1.1 The Torrens Rowing Club is committed to providing a safe and friendly atmosphere to facilitate all levels of rowing.

1.2 The Torrens Rowing Club is committed to encouraging a healthy lifestyle and healthy environment at the Club premises and events.

1.3 This Policy aims to provide guidance on how the Club will aim to achieve the principles of 1.1 and 1.2 to encourage a healthy club.

1.4 The Club has a conditional liquor licence and bar and is required to abide by the laws governing that licence.

Related Policies

Alcohol management

Smoke free policy

Safe transport

Volunteer management

Boat use

Training

Junior athlete

Member protection

Risk management

2. HEALTH AND SAFETY MEASURES AND POLICY GUIDELINES

2.1 ALCOHOL

2.1.1 The Club *Alcohol Management* policy applies

2.2 TOBACCO

2.2.1 The Club *Smoke-free* policy applies

2.3 SAFE TRANSPORT

2.3.1 The Club *Safe Transport* policy applies

2.4 SUN SAFETY

2.4.1 The club will take all reasonable steps, where possible, to address sun safe practices.

2.4.2 The majority of training times are in the morning and evening, outside the hours of 10am to 3pm.

2.4.3 The Club will provide shade structures at events where possible.

2.4.4 The Club will provide 30+ sunscreen at the premises, and at all Club events.

2.4.5 The Club will encourage members to follow the Cancer Council SA guidelines for SunSmart clothing, use of sunscreen and wearing of hats.

2.5 HEALTHY EATING

2.5.1 The Club will encourage good nutrition and healthy eating messages by ensuring healthy food and healthy food alternatives are provided at Club run events.

2.6 DRUGS AND MEDICATIONS

2.6.1 The Club discourages the use of medications in respect of injury/recovery that would enable a participant to compete where they would not otherwise have been able.

2.6.2 The use of illicit drugs and performance enhancing drugs is not permitted by any Club members.

2.7 COVID Safe Practices

2.7.1 The Club will implement a COVID Safe Plan in accordance with current recommendations available at <https://covid-19.sa.gov.au>.

2.8 SAFETY

2.8.1 Members are to understand and adhere to the other relevant Safety Policies and Guidelines provided by both Rowing SA (available at <https://rowingsa.asn.au/rowing-sa-policies/>) and Torrens Rowing Club (available at <https://torrenslowingclub.com.au/cms/governance/>).

2.9 VOLUNTEERS

2.9.1 Volunteers are expected to adhere to the same Club Constitution, policies and guidelines that govern TRC members.

2.9.2 The Club will make every endeavour to provide clear instructions and assistance to those volunteering their time to the Club in accordance with the TRC Volunteer Management Policy.

3. COMPLIANCE

3.1 Breaches and/or concerns relating to this policy are to be made to the Club President or Secretary in the first instance.

3.2 Breaches of the policy will then be addressed through the TRC Committee who will determine the appropriate course of action and will advise the complainant of the outcome.

Version 2 Ratified by TRC Committee 11 August 2020