

# **WESTERN AUSTRALIAN GOLF ASSOCIATION (INC)**

The WESTERN AUSTRALIAN GOLF ASSOCIATION (INC) (WAGA) is an administrative body responsible for amateur golf throughout Western Australia. The WAGA incorporates the Graham Marsh Junior Golf Foundation (GMJGF), which performs a similar role for junior golf.

## **WAGA/GMJGF Health Policy**

### **1. Alcohol**

In the interest of health and safety, the WAGA/GMJGF will actively seek to promote, encourage and support strategies to minimise harm from alcohol.

WAGA/GMJGF will:-

- Provide alternatives to alcohol (ie water, soft drink, low percentage alcohol) at licensed venues.
- Provide food when the WAGA/GMJGF is providing alcohol.
- Not serve alcohol to people under the age of 18.
- Ensure compliance with the liquor-licensing Act.
- Alcohol will not be promoted or served at junior events and activities.

### **2. Smoking**

The WAGA/GMJGF recognises that smoke free environments protect non-smokers from the harmful effects of environmental tobacco smoke (ETC) and contribute to reducing tobacco consumption levels. The WAGA/GMJGF will actively discourage the uptake of smoking by young golfers.

WAGA/GMJGF will:-

- Promote the Smoke Free and Smarter than Smoking message.
- Ensure that Association and Foundation staff, officials (including coaches) and representative players will not smoke whilst acting in an official capacity.
- Ensure all sponsored events, tournaments and coaching venues, under the direct control of the WAGA to be, promoted and maintained as smoke free for the duration of the event.
- Maintain the indoor area of the WAGA office as permanently smoke- free.
- In the event the WAGA should lease (either in total or part) office space out it will undertake to include a clause within the lease agreement ensuring that the premises remain smoke free.
- Whether directly or through a third party will not receive money, other benefits or have arrangements with the tobacco industry (including sales, promotion or distribution of tobacco products).
- Maintain a policy not to sell any tobacco products or sanction the sale of cigarettes or tobacco products during the term of the sponsorship.

### **3. Food and Catering**

The WAGA/GMJGF understands and recognises the importance of good nutrition in the role it plays in maintaining and improving health.

- Ensure that where food is available at functions and activities, healthy alternatives will be offered. This includes the provision of foods low in high fat, high in fibre and with a substantial fruit and vegetable content.
- Replace sugar content drinks with bottle water at all junior events.

### **4. Sun Protection**

The WAGA/GMJGF recognises that exposure to ultraviolet radiation (UVR) has negative health effects and will therefore introduce measures to minimise exposure.

WAGA/GMJGF will:-

- Provide SPF30+ at all WAGA/GMJGF events.
- WAGA/GMJGF staff will act as role models by adopting sun smart practices eg. wear approved sun glasses, hats, caps, use sun screen and drink an ample amount of water to avoid dehydration.
- Attempt to fixture commencement of events in the early morning to avoid the midday sun.

### **5. Drugs**

The WAGA/GMJGF will not permit the use of illicit drugs or performance enhancing drugs by players, officials and staff.

WAGA/GMJGF will:-

- Ban the use of illegal drugs at all WAGA/GMJGF events.
- Not permit a player under the influence of drugs to compete in an event.
- Ensure all squad members sign a “Player Agreement” form stating they will abide by the WAGA drug policy and will undergo a doping examination if requested by Golf Australia, WAGA/GMJGF, the Australian Sports Drug Agency or the AIS.

### **6. Mental Health**

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

WAGA/GMJGF will proactively support positive mental health promotion in individuals and the community through supportive strategies which:-

- Provide opportunities for individuals to be mentally, physically and socially active.
- Encourage individuals to join and actively participate in WAGA/GMJGF activities and those partner organisations.

- Encourage individuals to become a volunteer in WAGA/GMJGF, to set personal goals for achievement in the activities of the organisation, and be more broadly involved in other community events and environments.
- Reduce or remove economic or social barriers to participation in WAGA/GMJGF activities.
- Encourage participants, volunteers and organisers to treat all groups in the organisation and in the community in general with respect, equality and openness.

## 7. Sport Safe

The WAGA/GMJGF is committed to improving the health of its players and coaches through safe participation in sport and physical activity.

WAGA/GMJGF will:-

- Ensure correct fluid replacement practices are implemented at all training and competition sessions.
- Ensure adequate warm up and stretching sessions take place at all WAGA/GMJGF training or coaching sessions.
- Ensure all training areas used in junior coaching clinics are safe at all times.

## 8. Other

WAGA/GMJGF will:-

- Ensure elite athletes and coaches associated with the WAGA/GMJGF act as appropriate role models for junior golfers.
- Review the Health Policy annually.
- Monitor all official activities for breaches of policy and undertake action to rectify such breaches.

Mr John D Hopkins

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President

11.3.2008

Date.....

Mr Greg B Fitzhardinge

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Executive Director

11.3.2008

Date.....