

HEALTH GUIDELINES FOR NETBALL IN WA

Netball WA continues to strive toward becoming the first mass participation sport truly dedicated to the health of its participants, thanks to a long-standing relationship with Healthway. More than 52,000 people play netball every weekend throughout Western Australia, and broadly, the sport engages more than 230,000 people each year. Netball provides a fantastic opportunity for sport to provide role models and behavioural values to combat the growing health issues affecting Western Australians today, creating a healthier environment for everyone who attends our venues.

Why introduce Health Guidelines?

The implementation of appropriate Health Guidelines will:

- Reinforce Netball WA's commitment to the promotion of good health in general
- Improving public awareness of healthy eating choices
- Set guidelines for staff, volunteers, members and participants in relation to healthy environments and healthy behaviour
- Standardise the procedures for dealing with any behaviour that falls outside the stated health objectives
- Clarify roles and responsibilities of members and others associated with Netball WA
- Improve the potential for sustainable health behaviour change

How will Health Guidelines benefit netball in WA?

Health Guidelines will benefit netball in the following ways:

- Create a healthier environment to play sport in
- Improve the netball community's awareness of healthy eating and drink choices
- It demonstrates the sport's commitment to providing a duty of care to members
- It's attractive to staff, volunteers, participants and members – a 'health promoting' organisation will appeal to a broader community interest
- A healthy environment for netball is good for young people – parents feel reassured when children are involved in organisations where they are less likely to be exposed to passive smoking, excessive alcohol consumption or other unhealthy behaviours
- It offers the potential to increase income – a health promoting netball organisation is more likely to be eligible for Healthway partnership and may also be more attractive to other sponsors
- It promotes a positive image in the community – by taking steps to develop policies that protect good health and encourage healthy behaviour, organisations can contribute to creating a healthy community
- It promotes safety and well-being broadly, including physical and mental health



Who are the Health Guidelines for?

The Health Guidelines are for everyone involved in, or affected by, netball in Western Australia including Netball WA Associations, staff, volunteers, participants and audiences at games.

TOBACCO

Position Statement

Netball WA recognises that smoke free environments protect non-smokers from the harmful effects of environmental tobacco smoke (ETS) and contribute to reducing tobacco consumption levels. Netball WA encourages quitting attempts and discourages the uptake of smoking, particularly by adolescents.

To achieve this:

- All indoor and outdoor areas under the control of Netball WA are to be maintained as smoke-free; including e-cigarettes
- All functions run by Netball WA and its affiliates (including dinners, receptions, presentations, fundraising events, meetings and social occasions) are to be maintained as smoke-free; including e-cigarettes
- Tobacco products, including e-cigarettes, will not be sold by Netball WA and its affiliates or on any premises under their direct control
- Any person, either employed by or representing Netball WA in any capacity, will not smoke or be seen carrying tobacco products whilst acting in an official capacity
- Netball WA and its affiliates (whether directly or through a third party) will not receive money, or other benefits or have arrangements with the tobacco industry (including sales, promotion or distribution of tobacco products, including e-cigarettes)

FOOD AND CATERING

Position Statement

Netball WA understands and recognises the importance of good nutrition and the role it plays in the maintenance of good health and wellbeing. The provision of healthy food choices encourages healthy eating and helps to prevent ill health. Netball WA encourages its affiliates to understand the long-term benefits of making healthy food and drink choices.

To achieve the best possible nutritional and behavioural opportunities for netballers, netball will adopt the following:

- 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 the healthy eating message
- Ensure free drinking water is available at activities or events
- Club canteens will be supported to plan a menu using the Fuel to Go & Play traffic light system to rate food and drinks as green, amber or red based on their 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
- Where venue catering is under the direct control of either Netball WA or its affiliates, appropriate training will be available for paid staff and volunteers e.g. Food Safe Handling Program, compliance with the Food Act 2008 (WA) and the Food Regulations 2009
- Food and beverages offered by Netball WA and its affiliates, or by food suppliers under their governance, will best endeavour to use the Fuel to Go & Play Traffic Light system as a guide
- Where food vendors are required, Netball WA and its affiliates will attempt to source vendors that provide healthier food and beverage alternatives
- Where food and drinks are provided on site by providers contracted by Netball WA and its affiliates:
 - o Compliance with the guideline will be a condition of any new food supply or catering contract and related leases
 - o Limiting the availability of confectionery, deep fried foods, sugary drinks and take-away foods is a key component of our healthy food and drink guideline. Excess consumption of these items can be harmful and displace more nutritious food and drinks.
 - o Compliance with the guideline will be included in any contracts or related leases renegotiated or renewed
 - o Existing contractors should be informed of the new guideline and encouraged to comply
- Training
 - o Participate in Fuel to Go & Play online training to learn more about offering healthier food and drinks in community venues. There are two training courses available, one is tailored to support community venues and the other course is for health professionals.

ALCOHOL Position Statement

Proudly affiliated with



Netball WA is committed to ensuring responsible service of alcohol and encouraging and supporting strategies to minimise harm from alcohol and other drugs. Netball WA and its affiliates will ensure compliance with all relevant [policy guidelines](#) constructed by the Director of Liquor Licensing.

To achieve this position, Netball WA and its affiliates will adopt the following:

- Players, coaches, officials and administrators known to be under the influence of alcohol will not be permitted to attend or participate in netball sporting activities
- Where alcohol is available and under the control of Netball WA and its affiliates:
 - o Lower strength and non-alcoholic beverages will be available and promoted
 - o Water will be readily available and free of charge
 - o Alcohol will be served in accordance with the requirements set out in the Liquor Licensing Act 1988. This includes no alcohol being served to patrons under the age of 18 years or to intoxicated patrons.
 - o Excessive and/or rapid consumption of alcohol will be discouraged e.g no happy hours and drinking competitions
 - o Alcohol will not be used for prizes or awards
 - o Food will be available when alcohol is served
 - o Alcohol consumption by parents, coaches/instructors and other influential personnel will be discouraged particularly where young people are involved
 - o The availability of alcohol will be restricted to suitable and appropriate times (e.g a launch or post event function)
 - o Drinks will be served in accepted standard drink size portions
 - o The use of plastic containers will be encouraged at events, particularly outdoor events
 - o Responsible alcohol use will be actively promoted
 - o The irresponsible use of alcohol will not be promoted

OTHER DRUGS

Position Statement

Netball WA is committed to supporting and promoting strategies to prevent drug use and to minimise harm associated with drug use.

- Player, coaches, officials and administrators known to be under the influence of drugs will not be permitted to attend or participate in netball activities
- Use of drugs will not be promoted
- The use of illicit and performance enhancing drugs is strictly prohibited at any activities or events, or in any areas under the control of Netball WA and its affiliates
- Netball WA and its affiliates will abide by Netball Australia's Integrity Policy
- Netball WA and its affiliates will abide by the Sport Integrity Australia legislation



MENTAL HEALTH

Position Statement

Netball WA recognises that the creation of a positive environment that encourages and supports involvement will have a positive effect on the mental health and wellbeing of individuals and the community across all ages.

- Strategies that provide opportunities for individuals to be mentally, physically and socially active will be proactively supported
- Staff and members will be encouraged to join and actively participate in the activities of Netball WA and its affiliates and those of partner organisations
- Staff and members will be encouraged to become volunteers, to set personal goals for achievement in the activities of Netball WA and its affiliates and to be more broadly involved in the other community events and environments
- Netball WA and its affiliates will try to reduce or remove economic or social barriers to participation in their activities and promote inclusion across all levels
- Staff, volunteers and participants will be encouraged to treat all individuals and groups with respect, equality and openness
- The undertaking of education and training will be promoted and supported and positive role modelling of values, behaviour and interests encouraged
- Netball WA and its affiliates will proactively address instances of bad practice and proactively reward instances of good practice

PHYSICAL ACTIVITY

Position statement

Netball WA recognises that participation in regular physical activity has important health and social benefits and is committed to encouraging safe physical activity participation for its staff, members, participants, volunteers and spectators.

- Staff, members and spectators will be encouraged to make active choices (e.g. walking, cycling or taking public transport)
- Opportunities for staff to be active across their working day or before/after work will be encouraged
- Netball WA will provide access to the use of bike storage, showers/bathrooms, and the injury prevention room/gym.

SUN PROTECTION

Position Statement

Netball WA recognises that exposure to ultraviolet (UV) radiation has potential negative health effects and will therefore support sun safe practices and will introduce measures to minimize exposure.



- Shade (natural, built or temporary) will be utilised to protect participants and spectators, wherever available at events under the control of Netball WA and its affiliates
- Staff representing Netball WA and its affiliates will always act as positive role models by adopting sun protection behaviours.
- When natural shade is not available, Netball WA and its affiliates will supply and erect portable shade structures at events under their control
- Sunscreen (SPF 30+, broad spectrum water resistant) will be made available to participants and spectators at events under the control of Netball WA and its affiliates. However, when this is not possible these parties will be encouraged to bring their own.

INJURY PREVENTION

Position Statement

Netball WA recognises that an unsafe environment has the potential to negatively impact on the health and wellbeing of individuals and the community and will therefore introduce measures to prevent injury and promote safety.

- Netball WA affiliates should utilise protective equipment, where necessary
- Netball WA affiliates should undertake training and accreditation courses in injury prevention and treatment
- Appropriate first aid equipment will be made available at all training and competition sessions under the control of Netball WA and its affiliates
- Netball WA members and affiliates should undertake the correct, recommended hydration practices during training and competition sessions
- Consideration should be given to the environmental conditions when conducting training and competition sessions, including adherence to the Netball WA Heat Policy.
- Netball WA affiliates are encouraged to refer to Sports Medicine Australia's guidelines, where appropriate. For example, Infectious Diseases, Active Women and Active Children.
- Netball WA affiliates should conduct warm up, stretch and cool down routines at all training and competition sessions.
- Netball WA affiliates should encourage their members to disclose any pre-existing medical or muscular-skeletal conditions that may affect their participation in the sport. This could be managed through the existing registration process.
- Netball WA encourages participation in Netball Australia's KNEE program, for the prevention of knee related injuries. More information can be found [here](#).

