



POLICY STATEMENT HEALTH-SPORTS SAFETY-ALCOHOL -DRUGS-SUN PROTECTION

Policy Name	Health-Sport Safety-Alcohol-Drugs –Sun Protection
Date of Issue	November 2004
Policy Cover	All members management & Staff
Date of Review	November 2005
Controlling body	CEO-Branch Manager

STATEMENT OF COMMITMENT

Star-Mites Gym Sports is an organisation striving to promote policies within our organisation for the physical well being, and safety of our members, coaches and staff.

Health Policy

Tobacco – Star-Mites Gym Sports Pty Ltd recognises that smoke free environments protect non-smokers from the harmful effects of environmental tobacco smoke (ETS) and contribute to reducing tobacco consumption levels. Star-Mites Gym Sports Pty Ltd will encourage quitting attempts and discourage the uptake of smoking – particularly by young people.

- All indoor and designated outdoor working areas controlled by Star-Mites Gym Sports Pty Ltd will be 100% smoke free
- All official functions conducted by Star-Mites Gym Sports Pty Ltd will be 100% smoke free.
- Tobacco products will not be sold by Star-Mites Gym Sports Pty Ltd or on any premises under its control.
- All staff and members of Star-Mites Gym Sports Pty Ltd will not smoke while taking part in any program under its control.

Food and Catering – Star-Mites Gym Sports Pty Ltd understands and recognises the importance of good nutrition and the role it plays in promoting health and optimal performance.

- Star-Mites Gym Sports will undertake an active roll, to promote good nutritional values to all its members' staff and volunteers.

Alcohol and Other Drugs – in the interest of health and safety Star-Mites Gym Sports will actively promote, encourage and support strategies to minimise harm from alcohol and other drugs.

- Where alcohol is served at a Star-Mites Gym Sports function low strength and non-alcoholic beverage will be available.
- The use of elicits or performance-enhancing drugs will not be allowed at any training session or competition under the control of Star-Mites Gym Sports.
- Will actively promote parent's members and staff attending drug education courses.

Star-Mites Gym Sports Pty Ltd will review this policy annually and ensure all members staff and volunteers associated with the Company are aware of the policy.

Sport Safe Policy – Star-Mites Gym Sports Pty Ltd is committed to the safe participation of members and the prevention of injury.

- Coaches and officiating personnel are encouraged to attend approved training and accreditation courses in sports injury prevention and sports safety.
- Warm-up, stretch and cool-down routines will be conducted at all training sessions and performances.
- Correct fluid replacement practices will be implemented at all times.
- Appropriate first aid equipment is available at Star-Mites Gym Sports centres

Star-Mites Gym Sports Pty Ltd will review this policy annually and ensure all members staff and volunteers associated with the Company are aware of the policy.

Sun Protection Policy- Gymnastics is predominantly an indoor activity, nonetheless Star-Mites Gym Sports recognises that exposure to ultraviolet radiation (UVR) has negative health effects and will therefore introduce measures to minimise exposure where relevant.

- Star-Mites Gym Sports Pty Ltd strongly recommends and supports sun safe practices for all activities held outdoors.
- Staff and members representing the organisation will always act as positive role models by adopting sun protection behaviours such as wearing long sleeved shirts, broad brim hats and applying sunscreen.

Star-Mites Gym Sports Pty Ltd will review this policy annually and ensure all members staff and volunteers associated with the Company are aware of the policy.

CEO: Gail Melinger Date: November 2004