



Riverton Aquanauts Swimming Club Health Policy

Riverton Aquanauts Swimming Club recognises and values the importance of creating a healthier environment for everyone who attends our venue. This policy sets out the aims and principles of healthy food and drinks, alcohol, smoking, mental health, sun-safety, injury and sponsorship within our community venue.

Healthy Food and Drink Policy

Riverton Aquanauts Swimming Club is committed to providing healthier food and drinks that align to the Australian Dietary Guidelines and the Australian Guide to Healthy Eating, which establish the basis for a healthy eating approach. A key message of the guidelines is to enjoy a wide variety of nutritious foods every day.

Riverton Aquanauts Swimming Club is well placed to promote the importance of healthy eating, and guide the development of healthy eating patterns and behaviours of staff, volunteers, participants and spectators.

Standards for food and drinks

Riverton Aquanauts Swimming Club will:

- ensure free drinking water is available at activities or events
- ensure healthy food and drink options are available at all activities or events
- not use unhealthy (red) food/drink (or vouchers for same) as prizes or awards
- ensure that only food and drinks that support our policy are used for fundraising
- ensure that the only food and drink advertising that is displayed supports our healthy food and drink policy
- ensure staff (and volunteers if applicable) complete Fuel to Go & Play® training including [Canteen and Food Service Staff](#) and/or [Club Officials and Stakeholders](#)
- educate staff, volunteers and customers about our Healthy food and drink policy and our commitment to health and wellbeing.

The Riverton Aquanauts Swimming Club will:

- provide and promote water
- plan a menu using the Fuel to Go & Play® traffic light system, for example:
 - increase the range of healthy food and drinks (green options) e.g. water, vegetables, fruit, lean meat, sushi soup
 - limit unhealthy food and drinks (red options) e.g. deep fried food, sugary drinks
- ensure that only healthy food and drinks (e.g. green options) are promoted and displayed
- ensure that healthy choices are priced competitively.



Fill the menu

Select carefully

Limit or remove

Food safety and hygiene

Riverton Aquanauts Swimming Club will comply with the Food Act 2008 (WA) and the Food Regulations 2009, including:

- Our venue will apply for registration with the local council as a food business
 - Our venue will notify the local council prior to conducting a charitable or community event involving food (i.e. sausage sizzle)
 - Information on these requirements will be sought from the local council prior to any function, i.e. sausage sizzle, where food will be provided.

Riverton Aquanauts Swimming Club will ensure that all paid and volunteer staff:

- complete food safety and hygiene training e.g. FoodSafe® Food Handler Training program or its equivalent
- wear hats, hairnets and aprons which will be provided by the Venue
- not sell (or provide) foods made at home or brought in by staff or volunteers from a commercial supplier through the food service
- prepare, cook, transport and serve food in such a way as to retain nutrients and to minimise bacterial contamination and growth.

Occupational health and safety

Riverton Aquanauts Swimming Club will comply with the *Occupational Safety and Health Act 1984* and *Occupational Safety and Health Regulations 1996*. Examples include:

- All staff and volunteers to be made aware of evacuation procedures in case of fire or other emergency
- All staff and volunteers to wear enclosed footwear when working in the food service (e.g. kiosk, bar). Shoes with heels or open sandals/flip flops are not acceptable
- Only food service staff and volunteers rostered for duty may enter the premises during normal trading hours
- Children (e.g. children of staff or volunteers) are not permitted in the food service during normal trading hours.

Allergy and anaphylaxis management

All paid and volunteer staff need to be aware of the risks food allergy poses. It is important to:

- know how to identify and manage food allergy
- understand the law with regards to food allergy and food service provision
- know what is in your food so that you can provide accurate information about foods a customer is allergic to

- know how to respond to enquiries from customers with food allergy.

Riverton Aquanauts Swimming Club will encourage staff and volunteers to complete *All about Allergens* online training available free at <https://foodallergytraining.org.au>

Alcohol Policy

In the interest of health and safety **Riverton Aquanauts Swimming Club** will actively seek to promote, encourage and support strategies to minimise harm from alcohol and other drug use.

Riverton Aquanauts Swimming Club will ensure:

- alcohol is served in accordance with the requirements set out in the Liquor Control Act 1988. This includes no alcohol being served to patrons under the age of 18 years or to intoxicated patrons
- alcoholic drinks are served in standard-sized drink portions, should alcohol be available
- low strength alcohol and non-alcoholic choices must be available should alcohol be available
- ensure free drinking water is available at activities or events
- alcohol (or vouchers for same) must not be provided as prizes or awards
- no activities or promotions that encourage rapid consumption of alcohol (e.g. discounted drink prices, happy hours, drinking competitions), should alcohol be available at activities or events
- no promotions that glamorise getting drunk or imply that getting drunk is desirable e.g. providing drinks or cocktails with names that imply they will get you drunk.

Smoke-free Policy

Riverton Aquanauts Swimming Club recognises that smoke-free environments protect non-smokers from the harmful effects of Environmental Tobacco Smoke (ETS) and contribute to reducing tobacco consumption levels.

Riverton Aquanauts Swimming Club will ensure:

- all indoor and outdoor areas under the control of the venue are maintained as smoke-free; including e-cigarettes
- the smoke-free policy applies to all bench, playing areas and changing rooms for all players, coaching staff, referees and other team officials involved in competitions under the venues control.
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Mental Health Policy

Riverton Aquanauts Swimming Club will ensure:

- support strategies that provide opportunities for staff, members and participants to be mentally, physically and socially active
- proactively encourage staff, members and participants to volunteer for the organisation, to set personal goals for achievement and to more broadly be involved in other community events and environments
- encourage staff, volunteers and participants to treat all groups in the organisation and community with respect, equality and openness.

Sun Protection Policy

Riverton Aquanauts Swimming Club recognises that exposure to ultraviolet radiation (UV) has negative health effects and will therefore introduce measures to minimise exposure.

Riverton Aquanauts Swimming Club will:

- strongly recommend and support sun safe practices for all activities
- encourage the use of sunscreen (SPF 30+) to all staff, members and participants
- where possible encourage activities to be conducted before 10.00am or after 3.00pm to avoid peak UV times, ensuring shade is utilised to protect participants and spectators.

Injury Prevention Policy

Riverton Aquanauts Swimming Club is committed to improving the health of its participants, players and coaches through safe participation in sport and physical activity.

Riverton Aquanauts Swimming Club will:

- promote and encourage the use of protective equipment where appropriate
- conduct warm up, stretch and cool down routines at all training and competition sessions
- ensure an appropriately qualified first aid person is in attendance at all training and competition sessions, whenever possible.

Sponsorship and Fundraising

Community venues should consider sponsorship agreements and fundraising activities in the context of their policy.

- Our venue will partner with sponsors that support the aims and goals of our policy
- Our venue will conduct fundraising activities that support the aims and goals of our policy e.g. red foods, such as confectionery, will not be used for fundraising.

Distribution and Review

- A current copy of this policy will be on permanent display on the **Riverton Aquanauts Club website** with posters displayed on the club pin-up boards.
- A current copy of this policy will be distributed to all **Riverton Aquanauts Swimming Club** staff and members (including board/committee members) via above link to the Riverton Aquanauts Club website.
- This policy will be reviewed annually.

Endorsement

We the undersigned, hereby certify that this Policy was adopted by the **Riverton Aquanauts Swimming Club**.

Date: 14/05/2024

Signature: 

Name: Kerry SMITH

PRESIDENT

Signature: 

Name: Jess VAN SCHIE

SECRETARY

