



**Gymnastics**  
Western Australia

# Gymnastics WA

## *Health Policies*

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<b>Controlling Body</b>	GWA Board



Department of  
**Sport and Recreation**



# GWA Health Policies

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## Forward

Gymnastics Western Australia (GWA) is a State Sporting Association responsible for local, regional and state teams and competitions. Healthway sponsorship supports the annual program with a particular focus on their youth activities. All competitions and events are primarily indoors and alcohol is not served at any of the venues.

GWA is committed to promoting health policies within the organisation for the health well being, and safety of our members, volunteers and staff and all other groups involved with the organisation.

Every reasonable effort will be made to ensure a safe and healthy environment for all athletes, volunteers, employees and spectators.

Accordingly, it is the responsibility of all athletes, volunteers, employees and contractors of Gymnastics WA to play their part in ensuring these policies are carried out. This not only applies to those people in positions that have responsibility for safeguarding the health and safety of athletes, volunteers, employees or spectators in their charge, but also to individuals to ensure they carry out their duties in a safe and healthy manner.

The Gymnastics WA Health Policies will be promoted to Affiliated Clubs.

The following Policies are included in the GWA Health Policies

- Healthy Eating Policy (including Food & Catering Policy)
- Smoke Free Policy
- Sun Protection Policy
- Alcohol and Other Drugs Policy
- Sport Safe Policy (including Injury Prevention Policy)
- Mentally Healthy Policy
- Physical Activity Policy

The GWA Health Policies will be reviewed annually to ensure that the document remains current and practical to Gymnastics WA requirements.

# Healthy Eating Policy (incl: Food & Catering Policy)

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## 1.0 Policy Statement

Gymnastics WA (GWA) acknowledges that healthy eating has an impact on our health, and that the provision of healthy foods will contribute to better health for all. Gymnastics WA will ensure healthy food alternatives are provided for all GWA activities and events.

## 2.0 Purpose

Healthy eating is a vital part of good health; lifestyle diseases such as heart disease, stroke, certain cancers, non-insulin dependent diabetes and obesity are major causes of death in Australia and are all associated with the food we eat.

## 3.0 Definitions

**Healthy Eating;** eating appropriate portions of a variety of foods within the five food groups and avoiding foods that contain too much fat, sugar and salt.

## 4.0 Rationale

Gymnastics WA has a key role in the promotion of healthy lifestyles and practices and should be a public example of a healthy and progressive organisation. Gymnastics WA recognises that Healthy Eating plays a critical role in the physical and mental development of children and in the performance abilities of children and adults. Gymnastics WA needs to be a leader in promoting healthy lifestyles as it comes into contact with many young Members whilst they are forming their dietary habits.

## 5.0 Policy Coverage

This policy applies to Gymnastics WA committee meetings, members meetings, staff meetings, GWA functions and events, and to all members, officials, athletes, performers and others taking part in GWA activities or events.

## 6.0 Policy Compliance

Gymnastics WA is committed to ensuring a healthy environment for all those associated with the organisation and will promote healthy eating by adhering to the following guidelines;

- Where food is available at activities and events being conducted by organisation, Gymnastics WA will ensure healthy food alternatives are readily offered.
- At Gymnastics WA activities and events in venues under our control where food is available, Gymnastics WA will ensure healthy food alternatives are readily offered.
- At Gymnastics WA activities and events in venues not under GWA control and where food is available; GWA will encourage the venue operator to provide healthy food alternatives.
- Gymnastics WA will give preference to food caterers that provide healthy food alternatives.
- Gymnastics WA will promote the enjoyment of healthy eating and the role of food in relation to health to all members and affiliated Clubs; via announcements, banners, flyers and other appropriate vehicles.
- Items that encourage unhealthy eating will not be provided for awards.
- Water will always be provided free of charge.

## **7.0 Confidentiality and Reporting**

Breaches of this policy must be reported to Gymnastics WA management within 14 days of any occurrence.

Breaches of this policy must be kept confidential and disclosure to any third party beyond Gymnastics WA management is not permitted.

## **8.0 Policy Outcomes**

Anticipated outcomes of the GWA Healthy Eating Policy are as follows:

- Increased awareness of Healthy Eating.
- Education of Healthy Eating to members.
- Awareness of types of foods to eat and those not to eat.
- To provide Healthy Eating alternatives.

# Smoke Free Policy

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## 1 Policy Statement

Gymnastics WA recognises that a smoke free environment protects non-smokers from the harmful effects of environmental tobacco smoke (ETS) and also contributes to reducing tobacco consumption levels.

## 2 Purpose

The aim of Gymnastics WA Smoke Free Policy is to provide a smoke free environment for non-smokers and a pleasant, cleaner environment for all. The specific goals of the policy are to:

- Reduce the health risks associated with smoking and exposure to environmental tobacco smoke.
- Provide a healthier, cleaner and safer work environment.
- Decrease the potential risk of litigation associated with discomfort or disease caused by environmental tobacco smoke in the workplace, thus avoid the potential costs associated with litigation.
- Encourage quitting attempts and discourage the uptake of smoking – particularly by young.

## 3 Rationale

Gymnastics WA has a key role in the promotion of healthy lifestyles and practices and should be a public example of a healthy and progressive organisation. Club 10 Gymnastics' has an obligation under the Occupational Health and Safety Act 1985, Section 21 – “To provide and maintain so far as is practicable for employees a working environment that is safe and without risks to health”.

## 4 Policy Coverage

- All indoor and designated outdoor environments under the control of Gymnastics WA will be 100% smoke free.
- All official functions (including dinners, presentations, fund-raising events, meetings, and social occasions) will be 100% smoke free.
- Tobacco products will not be sold by Gymnastics WA or on any premises under its control.
- Any person, either employed by or representing Gymnastics WA in any capacity will refrain from smoking whilst acting in an official capacity and /or in GWA uniform.
- Actively encourage and support affiliated clubs/associations to either adopt the GWA Health Policies or develop and implement their own health policy.

## **5 Policy Compliance**

Policy compliance will be facilitated through education, publicity, widespread promotion and reiteration of the Policy.

- For staff, non-compliance will lead to the same disciplinary actions as for all other of Gymnastics WA policies. All staff members in supervisory positions are accountable for enforcing the Policy amongst their staff.
- Those staff that choose to smoke may only do so in their designated breaks, provided they are not on Gymnastics WA grounds.
- All staff members are responsible for encouraging adherence to the Policy.
- All staff members are responsible for encouraging and enforcing the Policy amongst members and visitors. Upon seeing members and / or visitors smoking within the boundaries of Gymnastics WA site or any event, staff members are requested to ask members and/ or visitors to extinguish their cigarette. If this is ineffective, they may be requested to leave the site. This procedure may not be effective in some cases, and so a common sense approach is recommended.
- All staff members are responsible for educating members about the Smoke Free Policy and encouraging adherence to the Policy.

## **6 Confidentiality and Reporting**

Breaches of this policy must be reported to Gymnastics WA management within 14 days of any occurrence.

Breaches of this policy must be kept confidential and disclosure to any third party beyond Gymnastics WA management is not permitted.

## **7 Policy Outcomes**

Anticipated outcomes of the GWA Smoke Free Policy are as follows:

- Increased awareness of Smoke Free.
- Education of smoke free environment to members.
- Promotion of GWA as a leading example of a healthy and progressive organisation.

# Sun Protection Policy

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## 1. Policy Statement

Gymnastics is predominantly an indoor activity, nonetheless Gymnastics WA recognises that exposure to ultraviolet radiation (UVR) has negative health effects and will therefore introduce measures to minimise exposure where relevant.

## 2. Purpose

The aim of the policy is to educate and protect the health and safety of all gymnastics employees, volunteers and members who are required to work outdoors in the heat and sun.

## 3. Policy Coverage

This policy applies to Gymnastics WA events held outdoors and all members, officials, staff, athletes, performers and others taking part in an outside event.

## 4. Policy Compliance

- Gymnastics WA strongly recommends and supports sun safe practices for all activities held outdoors.
- Activities will be conducted outside of the hours 10.00am to 3.00pm when UVR is at its peak, whenever possible.
- Natural shade will be utilised to protect participants and spectators, wherever available
- 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, wearing sunglasses and applying sunscreen.
- Sunscreen (SPF 30+, broad spectrum water resistant) will be made available to participants and spectators. However when this is not possible these parties will be encouraged to bring their own.

## 5. Confidentiality and Reporting

Breaches of this policy must be reported to Gymnastics WA management within 14 days of any occurrence.

Breaches of this policy must be kept confidential and disclosure to any third party beyond Gymnastics WA management is not permitted.

## 6. Policy Outcomes

Anticipated outcomes of the GWA Sun Protection are as follows:

- Increased awareness of Safe Sun protection for events held outdoors.

# Alcohol and Other Drugs Policy

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## 1. Policy Statement

In the interest of the health and safety, Gymnastics WA will actively seek to promote, encourage and support strategies to minimise harm from alcohol and other drug use.

## 2. Purpose

The purpose of the Alcohol and Other Drug Policy is to provide guidelines for the management of the use of alcohol and drugs at all GWA meetings and functions.

## 3. Policy Coverage

This policy applies to Gymnastics WA committee meetings, members meetings, staff meetings, GWA functions and events, and to all members, officials, athletes, performers and others taking part in GWA functions and meetings.

## 4. Policy Compliance

Gymnastics WA is committed to promote and encourage minimising harm from alcohol by adhering to the following guidelines.

- Where alcohol is served at Gymnastics WA functions low strength and non-alcoholic beverages will be available.
- Tap water will be readily available and free of charge.
- Alcohol will not be used for prizes or awards.
- Active promotion of responsible alcohol use will occur.
- Gymnastics WA implements their anti - doping policy as required.
- Gymnastics WA will ensure the provision of drug education to athletes and coaching/administrative staff of state representative teams.
- Alcohol will be served in accordance with the requirements set out in the Liquor Licensing Act 1998. This includes no alcohol being served to patrons under the age of 18 years or to intoxicated patrons.
- The use of illicit and performance enhancing drugs will not be allowed at any activities or events under the control of the Gymnastics WA.
- The organisation will abide by the WA Government Drugs in Sport Legislation and the Australian Sports Anti-Doping Authority (ASADA) legislation.

## 5. Confidentiality and Reporting

Breaches of this policy must be reported to Gymnastics WA management within 14 days of any occurrence.

Breaches of this policy must be kept confidential and disclosure to any third party beyond Gymnastics WA management is not permitted.

## 6. Policy Outcomes

Anticipated outcomes of the Gymnastics WA Alcohol and other drugs are as follows:

- Increased awareness of the management of alcohol at GWA events.
- Increased education of drugs in sport for athletes, coaches and officials in state teams.
- Participants / performers known to have consumed illicit drugs will not be permitted to participate or perform.

# Sport Safe Policy (Incl: Injury Prevention Policy)

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## 1. Policy Statement

Gymnastics WA is committed to improving the health of the community through safe participation in sport and physical activity.

## 2. Purpose

The aim of the policy is to educate, establish and maintain a safe environment for participation in all the Gymsports.

## 3. Policy Coverage

This policy applies to Gymnastics WA events, courses and activities.

## 4. Policy Compliance

The following guidelines need to occur;

- Members, coaches and officiating personnel will be given the opportunity to attend approved training and accreditation courses in sports injury prevention and treatment.
- Gymnastics WA will ensure appropriate warm up time is provided for athletes participating in GWA events.
- Gymnastics WA will ensure warm up, stretch and cool down procedures are provided for in all coaching courses.
- An appropriately qualified first aid person will be in attendance at Gymnastics WA competition sessions.
- Appropriate first aid equipment will be made available at all training and competition sessions under the control of Gymnastics WA.
- Correct fluid replacement practices will be implemented at all training and competition sessions under the control of Gymnastics WA.
- Sports Medicine Australia's policies and guidelines on blood and infectious diseases, and pregnancy will be adopted where appropriate.

## 7. Confidentiality and Reporting

Breaches of this policy must be reported to Gymnastics WA management within 14 days of any occurrence.

Breaches of this policy must be kept confidential and disclosure to any third party beyond Gymnastics WA management is not permitted.

## 8. Policy Outcomes

Anticipated outcomes of the Gymnastics WA Sports Safe policy:

- Increased awareness of good sport safe practices for all members, staff, coaches, officials and members.

# Mentally Healthy Policy

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## 1. Policy Statement

Gymnastics WA recognises that the creation of a positive environment that encourages and supports involvement will have a positive effect on the mental health and well-being of individuals and the community.

## 2. Purpose

The aim of the policy is to support opportunities for staff, audiences and participants to be mentally, physically and socially active.

## 3. Policy Coverage

This policy applies to Gymnastics WA committee meetings, members meetings, staff meetings, GWA functions and events, and to all members, officials, athletes, performers and others taking part in GWA functions and meetings.

## 4. Policy Compliance

The following guidelines need to occur;

- Staff, audiences and participants will be encouraged to join and actively participate in the activities of the organisation and those of partner organisations.
- Staff, audiences and participants will be encouraged to become volunteers, to set personal goals for achievement in the activities of the organisation and to be more broadly involved in other community events and environments.
- The organisation will try to reduce or remove economic or social barriers to participation.
- Staff, volunteers and participants will be encouraged to treat all individuals and groups with respect, equality and openness.
- The organisation will proactively address instances of bad practice and proactively reward instances of good practice.

## 9. Confidentiality and Reporting

Breaches of this policy must be reported to Gymnastics WA management within 14 days of any occurrence.

Breaches of this policy must be kept confidential and disclosure to any third party beyond Gymnastics WA management is not permitted.

## 10. Policy Outcomes

Anticipated outcomes of the Gymnastics WA Mentally Healthy policy:

- Increased awareness for all members, staff, coaches, officials and members.

# Physical Activity Policy

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## 1. Policy Statement

Gymnastics 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, performers, volunteers and audiences.

## 2. Purpose

The aim of the policy is to support opportunities for staff, audiences and participants to be physically active.

## 3. Policy Coverage

This policy applies to Gymnastics WA committee meetings, members meetings, staff meetings, GWA functions and events, and to all members, officials, athletes, performers and others taking part in GWA functions and meetings.

## 4. Policy Compliance

The following guidelines need to occur;

- Members and staff will be encouraged to make active choices.
- The organisation will provide some flexibility in working hours so that members and staff may integrate exercise into their daily routine.

## 5. Confidentiality and Reporting

Breaches of this policy must be reported to Gymnastics WA management within 14 days of any occurrence.

Breaches of this policy must be kept confidential and disclosure to any third party beyond Gymnastics WA management is not permitted.

## 6. Policy Outcomes

Anticipated outcomes of the Gymnastics WA Physical Activity policy:

- Increased awareness for all members, staff, coaches, officials and members.