

CANNING VALE JUNIOR CRICKET CLUB

Healthy Club Policy



This policy applies to all members, administrators, officials, coaches, players, visitors and volunteers of the Canning Vale Junior Cricket Club (CVJCC).

This policy is effective from 1st July 2024.

Sport Safety

CVJCC will encourage all members to adopt practices that seek to prevent injury by:

- Encouraging warm-up, stretching and cool-down as an important component of playing and training;
- Providing cricket safety equipment including, but not limited to, cricket gloves, pads and helmets;
- Promoting the use of protective equipment including body padding, mouthguards, suitable clothing and footwear;
- Providing safe surfaces and first aid equipment;
- Ensuring adequate public liability and player insurance of all members;
- Encouraging all players with a prior or current injury to seek professional advice from a sports medicine professional and be fully rehabilitated before returning to play.

Sun Protection

CVJCC will take all reasonable steps, where possible, to address sun safe practices by:

- Making maximum usage of existing shade facilities including erecting sun shade shelters;
- Providing sun screen for all members;
- Providing wide brim hats as part of member registration;
- No hat no play policy;
- Following the Cancer Council Western Australia

Smoking

CVJCC recognizes that smoking and passive smoking are hazardous to health. We will ensure a smoke free environment by:

- Ensuring all areas of the club, including the change rooms and all club functions are smoke free;
- Designated smoke free zones are in place at training and on game days.



Healthy Eating

CVJCC recognizes the importance of good food nutrition for sports performance by:

- Ensuring when food is provided, healthy alternatives, in accordance with the Dietary Guidelines for Australians, are available;
- Promoting good nutrition and healthy eating messages.

Alcohol

CVJCC will promote the responsible adult use of alcohol by:

- Discouraging excessive consumption of alcohol during club functions;
- Ensuring alcohol is not provided to any members under the age of 18.

Other Drugs

CVJCC discourages the use of medications in respect of injury/recovery that would enable a participant to compete where they would not otherwise have been able to:

- The use of illicit drugs and performance enhancing drugs is not permitted by any club members or patrons;
- We will adopt and be guided by the Sports Medicine Australia policy on the administration of medications by non-medical personnel.

Adult players, coaches and club members are expected to set appropriate examples and act as role models for junior club members.

The club will make information available to club members and families to promote healthy lifestyles.

Breaches of policy will be addressed through the Club Committee.

Anyone wishing to discuss any aspect of this policy is invited to contact any member of the Committee.

Thank you for your co-operation.