



## Armadale Masters Swimming Club Health and Safety Policy

<b>Policy:</b>	<b>Health and Safety Policy</b>
<b>Date Implemented:</b>	17 <sup>th</sup> October 2011
<b>Last Amended:</b>	17 <sup>th</sup> November 2014

Armadale Masters Swimming Club promotes health and safety to its members and families and supports the provision of healthy environments. This Health and Safety Policy applies to all its members and to all activities under the control of Armadale Masters Swimming Club. All Armadale Masters Swimming Club Health and Safety policies referred to in this document will be made available to all members and participants on the Armadale Masters Swimming Club website [www.armadalemastersswimmingclub.com](http://www.armadalemastersswimmingclub.com). This policy will be reviewed annually and any breaches will be addressed through the club committee.

### **Safety:**

Armadale Masters Swimming Club and its coaches will encourage warm-up and cool-down as important components of training and competition. Armadale Masters Swimming Club will provide first aid equipment and give its members the opportunity to attend approved training accreditation courses in cardiopulmonary resuscitation (CPR) and/or Senior First Aid, and have in place a Risk Management Policy.

### **Smoking:**

Armadale Masters Swimming Club recognises that smoking and passive smoking are hazardous to health. All events, club training sessions and club functions are a smoke free environment.

### **Alcohol:**

Armadale Masters Swimming Club has a zero blood alcohol level policy at all club training sessions and swimming competitions. This policy supports the Royal Lifesaving Society "Don't Drink and Drown" campaign.

Armadale Masters Swimming Club will promote the responsible use of alcohol by discouraging excessive or rapid consumption at club functions (No drinking games or happy hours), promote and have available low strength and non-alcoholic beverages, tap water will be readily available at no charge to members, ensuring alcohol will not be served to any person who is intoxicated or under the age of 18 years, and provide clear instruction on responsible service of alcohol to volunteers who serve alcoholic drinks at club functions.

### **Shade:**

Armadale Masters Swimming Club will take all reasonable steps to provide adequate shade where possible, promote SunSmart hats and clothing, and ensure a supply of sunscreen lotion is always available to members at all events and activities.

### **Nutrition:**

Armadale Masters Swimming Club and its coaches recognises the importance of good nutrition and will run nutrition workshops and have healthy food and beverage options available to members at all events and activities.