

GEELONG WALKERS CLUB POLICIES

HEALTHY FOOD CHOICE POLICY

The Geelong Walkers Club is aware that healthy eating is a vital part of good health. We recognise that those lifestyle diseases such as heart disease, stroke, certain cancers, non-insulin dependent diabetes and obesity are all associated with the food we eat.

We acknowledge that healthy eating can have an impact on the lives of our members, and that the provision of healthy foods will contribute to better for all.

The following strategies have been adopted to ensure that a variety of healthy food choices are available at all Club activities.

- The enjoyment of healthy eating and the role of food in relation to health will be promoted at Club activities and in Club publications.
- Healthy food choices will be displayed more prominently than other foods.

ALCOHOL MANAGEMENT POLICY

The Geelong Walkers Club is aware that alcohol, when misused can cause harm to the drinker and others. A responsible drinking policy has been adopted so as to reduce risks and avoid problems.

The following strategies have been adopted:

- There will be no sale or consumption of alcohol during the conduct of any Club events.
- Where alcohol is consumed at a Club function the following measures will be taken;
- Alcohol will not be served to minors.
- Alcohol will not be served to any person who is intoxicated.
- Low alcohol and non-alcoholic will be available and promoted.
- Water will be available at no cost.
- Healthy food options will be available when alcohol is served.
- Members who have been drinking will be encouraged to use safe transport option.
- There will be no alcohol advertising at any venue used by the Club.
- The Club will not accept any alcohol related sponsorship or use alcohol as a prize for fundraising activities.

SUN PROTECTION POLICY

- Wherever possible competition and training shall be scheduled outside the hours of 11:00 am and 3:00 pm (daylight saving time).
- The Club will maximize the use of natural shade provided by trees and buildings.
- Individuals will be encouraged to bring their own shade structures to Club activities.
- Where possible, portable shade will be provided at all field event venues and track marshalling areas.
- Officials shall promote the wearing of sun protective clothing: shirts with long sleeves and a collar, caps/hats and sunglasses.
- Athletes will be advised to take umbrellas, drink bottles and sunscreen to events. Hats and sunglasses may be worn during competition.
- SPF 15+ or higher sunscreen will be promoted.
- The Club will be displayed and provide skin cancer educational material.
- Event programs, newsletters and public announcements will be used to maintain awareness of and promote sun protection.

SMOKE – FREE POLICY

- Cigarettes shall not be sold at any venue used by the Club.
- Executive members, coaches and officials shall not smoke in view of the public during the lead up to and conduct of Club events.
- All Club meetings and functions shall be smoke-free.
- The Club will ensure that smokers have a place outside the venue or out of public view (behind clubrooms), where they can smoke, and provide them with ashtrays/bins.
- Reference will be made to the smoke-free policy in Club publications.
- Regular announcements will be made to ensure that members and visitors are aware of the Club's smoke-free policy.
- All visitors will be encouraged to observe this policy.