

LACROSSE WA

HEALTH POLICY 2010

Lacrosse WA is a State sporting association responsible for local, regional, and State teams and competitions. The Association is devoted to the organisation and promotion of lacrosse in Western Australia. It is responsible for supporting and nurturing lacrosse in the community through clubs, schools, and other mechanisms.

Lacrosse clubs host training and competitions organised by the Lacrosse WA. As Lacrosse WA is an 'umbrella' organisation, member clubs are required to conform to Lacrosse WA policy which is developed in consultation with clubs.

Lacrosse WA is sponsored by Healthway in recognition of its contribution to the health of the community through the provision of a safe environment for participation and enjoyment of sport.

SPORTSAFE

- The use of protective equipment is promoted, encouraged and where necessary made mandatory in alignment with the physical nature of the game.
 - Helmets and gloves will be mandatory for all contact lacrosse competitions.
- Warm up, stretch and cool down routines will be conducted at all training and competition sessions.
- Members, coaches, and officials will be given the opportunity to attend approved training and accreditation courses in sports injury prevention and treatment.
- An appropriate first aid kit will be available at all lacrosse competitions.
- Correct fluid replacement practices will be implemented at all competitions.
- Clubs will encourage playing members to complete a medical assessment form to highlight any medical condition that may be adversely affected by playing lacrosse. Clubs will ensure the privacy of such information. .
- Consideration will be given to the environmental conditions (heat, lightning, playing and surface conditions) when conducting training and competitions.
- Clubs will be encouraged to examine Sports Medicine Australia's policies and guidelines on children in sport, blood, and infectious diseases including the video "Blood Rules for consideration and adoption as a Lacrosse WA policy.

TOBACCO, ALCOHOL AND OTHER DRUGS

- LACROSSE WA recognises the harmful effects of tobacco and discourages smoking.
 - All member clubrooms will be smoke free.
 - All official functions conducted by Lacrosse WA will be smoke free.
 - Tobacco products will not be sold by Lacrosse WA or member clubs.
 - All players and officials will be encouraged to not smoke while taking part in an organised competition or function under the control of the Lacrosse WA.



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- When necessary, designated areas will be set aside, for those who smoke.
 - Alcohol will be served in a socially responsible manner.
 - Lower strength and non-alcoholic beverages will be available and promoted.
 - Tap water will be readily available and free of charge.
 - Alcohol will be served in accordance with the requirements set out in the Liquor Licensing Act 1988. This includes no alcohol being served to patrons under the age of 18 years or to intoxicated patrons.
 - Excessive or rapid consumption of alcohol will be discouraged eg: no drinking competitions
 - The use of alcohol for rewards and prizes will be discouraged.
 - The active promotion of responsible alcohol consumption will occur.
- The use of illicit or performance enhancing drugs will not be tolerated.
 - Players known to be intoxicated due to alcohol and/or other drugs will not be permitted to participate in competition or training.
 - The irresponsible use of alcohol, tobacco or any other drugs will not be glamourised or promoted.
 - Alcohol and tobacco consumption by parents, coaches/instructors and other influential personnel will be discouraged particularly where young people are involved.
 - Safe transport options will be encouraged and promoted.

HEALTH

- Lacrosse WA understands the importance of good nutrition and the role it plays in promoting health. All functions conducted by Lacrosse WA will provide healthy alternatives.
- Member clubs will provide healthy alternatives at canteens and functions.

SUN PROTECTION

- Lacrosse WA strongly recommends and supports sun safe practices for all activities.
- Activities conducted from October to March will be outside of the hours 10.00am to 3.00pm when UVR is at its peak, whenever possible.
- Lacrosse WA members will act as positive role models by adopting sun protection behaviours such as broad brim hats, extra length shorts, sunglasses and applying sunscreen where practical.

OTHER

- Lacrosse WA will review this policy annually.
- Lacrosse WA will ensure all clubs are aware of the policy and the importance of the policy to the operation of the Association and the health of its members.



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