

# **VICTORIA PARK XAVIER HOCKEY CLUB INC**

## **HEALTHY CLUB POLICY**

### **SMOKING**

Our Club recognises that smoking and passive smoking are hazardous to health. We will ensure a smoke free environment by:

- a) Ensuring all areas of the Club, including change rooms, bar, function area and outdoor covered areas are smoke free
- b) Not selling any tobacco products on the premises
- c) Prominently displaying non-smoking signage
- d)

### **ALCOHOL**

Our Club has a specific Drink Safe Policy. Please refer to this Policy.

### **OTHER DRUGS**

The use of illicit drugs or performance enhancing drugs is not permitted by any Club member or patron.

### **SPORT SAFETY**

Our Club has a specific Sports Safe Policy. Please refer to this Policy.

### **HEALTHY FOOD CHOICES**

Our Club recognises the importance of good nutrition for sports performance by:

- a) Providing adequate information on good nutrition and sports performance
- b) Ensuring when food is provided, healthy alternatives are available.

### **CODES OF CONDUCT**

Our Club has specific Codes of Conduct for Players, Coaches, Administrators and Parents. Please refer to these specific Policies.