



GOOD SPORTS POLICIES

Alcohol management – Smoke-free – Safe transport – Food and nutrition

As a Good Sports club, it is the policy of **Newcastle Cross Country Club** to promote the responsible management of alcohol, a smoke-free environment, safe transport strategies and healthy food and drink options.

This policy applies to all club facilities, functions, meetings and activities. It is relevant to all members, officials, players, staff, volunteers and visitors.

ALCOHOL MANAGEMENT

Our club will ensure that:

- a current liquor licence is maintained at conditions adhered to
- all signage as required by law and the Good Sports program is clearly displayed
- an incident register is maintained
- all entrances to alcohol service areas are always monitored
- alcohol is only served during the times specified on our liquor licence and within a designated licensed area of the club.
- No alcohol is to be served or consumed during junior games.
- the licensee (or nominated person) is always present when alcohol is served
- alcohol sold at the club is only consumed at the club (not taken away)
- only bar servers trained in the responsible service of alcohol (RSA) serve alcohol
- the names of all RSA-trained staff are clearly displayed at the alcohol point-of-sale
- an RSA training register is maintained
- bar servers do not consume alcohol while on duty
- all bar servers are over 18 years of age
- intoxicated patrons are not served alcohol and are asked to leave the licensed area
- intoxicated patrons are not allowed to enter the licensed area
- alcoholic drinks are only served in standard drink measures
- 'shots' or double-nips of alcohol are not served
- ready-to-drink (RTD) products over 5% alcohol/volume are not sold
- drinking games/promotions that can encourage excessive drinking are not conducted, including boat races, alcohol being provided as a prize or reward, or all you can drink functions.
- alcohol is not served to persons under 18 years of age
- servers and committee members ask for 'proof of age' of all people who have the appearance of being under 25 years of age
- substantial food is provided with alcohol is served for more than 90 minutes and more than 15 people are present
- free tap water is provided when alcohol is sold
- at least four non-alcoholic drink options are available
- at least one low-alcoholic drink option is available
- that all non and low-alcoholic drink options are at least 10% cheaper than equivalent sized full-strength alcoholic drinks
- that we actively seek and encourage sponsorship from non-alcohol related businesses.

The licensee or nominated person will ensure strict compliance with this policy in accordance with the law and the Good Sports program.

SMOKE-FREE

Our club will ensure that:

- all enclosed club facilities are smoke-free at all times
- no ash trays are present
- Cigarettes are not sold at any time at, or by, the club. This includes the sale of cigarettes from vending machines
- legislative smoke-free signage will be clearly displayed in all smoke-free areas

SAFE TRANSPORT

Our club will ensure that:

- information posters about standard drink measures and drink driving are displayed at bar areas
- ensure that bar servers encourage members and visitors to make alternate safe transport arrangements if they believe the member/visitor exceeds the legal alcohol limit for driving
[delete this line and those strategies below that are not appropriate]
- provide and promote free non-alcoholic drinks to designated drivers
- provide and promote free taxi phone calls
- provide and promote courtesy transport
- *add others as relevant*

FOOD AND NUTRITION

Our club will ensure that:

- we are registered as a food business with the NSW Food Authority (or local council)
- at least two club members are trained in basic nutrition and safe food handling techniques. One of these members will be in charge of stocking and setting up the canteen
- signage regarding safe food handling is displayed in the canteen and other locations food is handled
- at least 6 healthy food choices from different food groups are always available (including fruit and vegetables), and are displayed in prominent positions
- healthier food choices are promoted, such as through meal deals, reduced prices, signage and announcements
- if hot chips are sold, they are prepared using the National Heart Foundation 'Tips on chips' guide and the 'Shake, bang & hang' technique
- all oils used for cooking are monounsaturated or polyunsaturated (not saturated)
- at least 50% of the non-alcoholic drinks in canteens fridges/eskies/etc are healthy drink choices such as water, plain milk and juices that are in containers of 375mL or less
- healthy drink choices are positioned prominently in the upper section of the fridge
- all non-alcoholic drinks are sold in 375 mL containers or less (with the exceptions of milk and water)
- all team coaches provide players with an information sheet about healthy eating, either during registration or through-out the season
- we only use healthy food in club fundraising activities
- we actively seek and encourage sponsorship from non-fast food businesses.



Policy enforcement and non-compliance

All club committee members will enforce the alcohol management, smoke-free, safe transport and food and nutrition policy. Non-compliance will be addressed by Committee members and will include an explanation of the policy breach to the person/people concerned. Additional actions will be at the discretion of the club, and serious breaches and ongoing non-compliance will be handled by at least two committee members. It is a condition of being a Good Sports club that all aspects of the policy are complied with. Non-compliance may result in the club being investigated by the Good Sports program team and Good Sports accreditation revoked.

Policy promotion

Our club will regularly promote this policy by:

- providing a copy in club communications (e.g. newsletters, club website)
- providing a copy to players as part of their registration kit
- displaying a copy in the club social rooms
- periodic announcements to members at functions

Policy review

This policy will be reviewed annually by the club committee to ensure it remains relevant to club operations, and reflects community expectations and legislation. Updates of this policy will be promoted as outlined above.

Club President/Secretary Signature _____

Date implemented: ___ / ___ / ___

Review date: ___ / ___ / ___

Thank you.