



Whitehorse Chevaliers Inc Smokefree Policy

Rationale

The Whitehorse Chevaliers recognises that Environmental Tobacco Smoke (ETS) is hazardous to health and that non-smokers should be protected from exposure to tobacco smoke.

Accordingly, the Whitehorse Chevaliers has developed the following policy to apply to all Whitehorse Chevaliers Facilities, Functions and activities from 08 / Jan / 2011. This policy applies to all members, administrators, officials, coaches, players and visitors of the Association when representing the Whitehorse Chevaliers or attending any Whitehorse Chevaliers facilities, functions or events.

Facilities

All Whitehorse Chevaliers administration and office areas to be 100% smokefree.

All Social / Club rooms at the Whitehorse Chevaliers to be 100% smokefree.

All Change Rooms and Toilet Blocks at the Whitehorse Chevaliers to be 100% smokefree.

Smoking will not be permitted in any indoor spectator viewing areas at the venue.

Smoking will not be permitted on the Whitehorse Chevaliers playing arena.

All indoor eating areas at Whitehorse Chevaliers to be 100% smokefree.

Cigarettes will not be sold (including from vending machines) at any time at the Whitehorse Chevaliers.

Functions

All official Whitehorse Chevaliers Functions (including dinners, fund-raising events, meetings, social occasions) to be 100% smokefree.

Invitations, menus, etc, to reinforce smokefree status of event.

Ashtrays will be removed from function rooms where Whitehorse Chevaliers functions are held.

Cigarette butt bins will be supplied at doorway entrances, encouraging smokers to dispose of cigarettes before entering indoor areas.

Whitehorse Chevaliers Representatives

All Whitehorse Chevaliers staff and officials to refrain from smoking whilst acting in an official capacity.

Whitehorse Chevaliers representative players will refrain from smoking whilst in uniform.

Whitehorse Chevaliers representative coaches, trainers and officials will remain smokefree whilst acting in an official capacity.

Education / Promotion

The Whitehorse Chevaliers recognises that it has a role to play in educating members about the benefits of implementing a smokefree policy, and will endeavor to provide appropriate information and resources to assist in this process.

The Whitehorse Chevaliers will publish a copy of it's SmokeFree policy in the newsletter / handbook.

The Whitehorse Chevaliers will utilise PA announcements at events / functions to promote the SmokeFree policy to patrons / guests.

Non-compliance:

All Whitehorse Chevaliers Officials will police the SmokeFree Policy on match days and at official functions.

Non-compliance with the policy will be handled according to the following process:

1. Explanation of the Whitehorse Chevaliers' policy on smoking to person, including the identification of areas in which smoking is allowed.
2. In the case of continued non-compliance with the policy, Whitehorse Chevaliers will ask the person to leave the premises or function.

Review:

The Whitehorse Chevaliers' SmokeFree Policy will be reviewed on an annual basis.



Fencing Victoria

HEALTHY CATERING POLICY

Club Name: Whitehorse Chevaliers Inc

Position Statement

Healthy eating is a vital part of good health. It is important for energy and vitality, optimal sporting performance, weight control, control of blood fats and prevention of heart disease and diabetes.

The Whitehorse Chevaliers Club acknowledges that healthy eating has an impact on our health, and that the provision of healthy foods will contribute to better health for all.

The Whitehorse Chevaliers Club will ensure that a variety of healthy food choices are available for all Club activities, if food is made available. This applies to all meetings, competitions, functions and events and to all members, officials, players, volunteers, spectators, visitors and any others taking part in Club activities.

Policy

The Whitehorse Chevaliers Club is committed to ensuring a healthy environment for all those associated with the club and will ensure that:

- The caterers used for all events are able to provide a variety of healthy food choices;
- Healthy food choices will be available at all club activities;
- Healthy food choices will be promoted at all clubs activities;
- Healthy food choices will be positioned more prominently than other foods;
- Healthy food choices will be priced competitively;
- The role of food in relation to health and the enjoyment of healthy food is promoted (posters, newsletter, healthy eating handouts etc);
- All food is handled, prepared and stored in accordance with Food Safety Regulations.

The Whitehorse Chevaliers Club undertakes to implement the actions listed above in this policy, effective from 08 / Jan / 2011.

This policy is to be reviewed annually. Review date: 30 / Dec / 2011.

Name and Title: Ms Lisa Lagergren, President

Signature Date: 08 / Jane / 2011

Examples of Healthy Food Choices/Practices

Offer fruit and vegetables

- Fresh fruit (whole pieces, canned in natural juice, on a skewer as a fruit kebab, dried fruit)
- Sultanas
- Vegetables on a skewer for barbeques
- Corn on the cob
- Baked potatoes with low fat natural yoghurt or cottage cheese instead of sour cream
- Baked potato skins
- Vegetable burgers
- Vegetable soup - fresh or low fat canned varieties

Offer breads and cereals

- Fruit bread (toasted or untoasted)
- Sandwiches made with a variety of breads (wholegrain, soy and linseed, sour dough, rye, wholemeal, pita bread)
- Sandwich fillings such as salad vegetables, canned tuna or salmon (in springwater, brine and flavoured varieties), lean meats, egg, low fat cheese with only a scrape of margarine and low fat sauces such as low fat mayonnaise.
- Meals based on rice, pasta, noodles, vegetables (without the creamy sauces or lots of cheese)
- Baked beans on toast
- Pita bread or pizza muffins with lots of vegetables and little cheese on top

Offer low fat alternatives

- Low fat dairy products – low fat milk, low fat cheese, low fat yoghurt
- Creamed rice made with low fat milk
- Lean meats (trimmed of fat, little marbling)
- Lean cold meats such as lean ham
- Replace mayonnaise and oily salad dressings with low fat varieties or use lemon juice or vinegar on salads
- Use spreads such as chutney, avocado, pickles, mustard, low fat mayonnaise, reduced fat cream cheese, ricotta or cottage cheese
- Polyunsaturated or monounsaturated margarines rather than butter
- Polyunsaturated or monounsaturated oil

Offer healthier snack foods

- Popcorn – plain (no added butter or salt)
- Pretzels
- Rice crackers/rice cakes
- Reduce the variety of deep fried foods, pastry items, potato chips, corn chips and cheese snacks on offer

Offer healthier drink options

- Water, diet drinks, low fat flavoured milks, 100% fruit juice



Whitehorse Chevaliers Inc

Responsible Serving of Alcohol Policy

This policy aims to provide a basis for the responsible management of alcohol by the Whitehorse Chevaliers and is seen as fundamental to the aims of the club in the development of talented young people and the promotion of the sport of Fencing

To ensure these aims are upheld, and that alcohol is managed responsibly by the club and its members, the following requirements will apply.

Alcohol into Facilities and Events

At all events or match venues that are managed directly or hosted by the club the consumption or selling of alcohol shall be prohibited.

Bringing of alcohol into the club facilities is also prohibited. The club will display signs at ground entry gates advising members and visitors of this policy.

Fundraising, Functions and Prizes

A strict priority will be maintained to hold functions that appeal to a wide range of members offering diverse methods of fund raising and social events that are not solely dependent on alcohol or bar sales.

Functions, events or promotions will not be conducted that encourage excessive alcohol consumption as an incentive to attract patrons. Such promotions will include cheap drink promotions, drinking competitions and all-inclusive cover charges.

The club will not promote or provide alcohol or drink vouchers for player awards or prizes for raffles and fundraising activities.

Club Trips

The club will monitor and ensure any club trips, particularly end of season player trips and functions, strictly adhere to responsible behaviour and alcohol consumption in accordance with the principles of this policy and the aims of the club.

Functions with alcohol

The club recognises that social functions are held periodically where alcohol is served or consumed and when doing so the club also accepts the responsibilities and expectations of the community in strictly ensuring adherence to the liquor licensing laws.

Any club functions held where alcohol is served or consumed shall require an assurance from the venue management of compliance with the provisions of the *Liquor Control Reform Act 1998*. Before a booking is confirmed the club shall ensure the venue operates an appropriate Liquor License which allows the serving of alcohol.

The club shall also ensure the key provisions in accordance with the *Act* will be strictly adhered to in that:

- Persons under the age of 18 years are not served or provided alcohol unless accompanied by a parent/ guardian/ spouse and partaking in a meal.
- Alcohol will not be served to persons who are drunk.
- Persons under the age of 18 years are not permitted to serve alcohol.
- Persons who are drunk will not be permitted entry into the club function
- Persons who are drunk will not be permitted to remain in the club function

Safe Transport

Any club function held where alcohol is served or consumed club officials and bar staff shall encourage members and visitors to make alternate safe transport arrangements if they are considered to exceed .05 blood alcohol concentration. Telephone calls will be made to arrange a taxi or other transport.

In specific cases, where a designated driver has been nominated and that person has accepted the responsibility to drive others home safely, non alcoholic drinks will be provided free of charge by the club.

Food

Any club function held where alcohol is served or consumed, food will be available. Meals will be available when appropriate and at other times substantial snacks will be provided.

Non-compliance

All club officials will enforce the alcohol management policy and any non-compliance, particularly in regard to *Liquor Control Reform Act* will be handled according to the following process;

1. Explanation of the club policy to the person/people concerned, including identification of the section of policy not being complied with.
2. Continued non-compliance with the policy should be handled by at least two club officials who will use their discretion as to the action taken, which will include asking the person/ people to leave the club match venue, facilities or function.

Policy Promotion

The club will promote the alcohol management policy regularly by;

- Publishing a copy of the policy in club newsletters, league programs and printed member/ player information.
- Displaying a copy of the policy in the club social and/or change rooms.
- Periodic announcements to members at functions.

The club recognises the importance of educating club members, particularly players in the benefits of responsible alcohol consumption and management and will endeavour to provide information to assist this process.

The club will actively participate in the Australian Drug Foundation Good Sports Accreditation Program with an ongoing priority to maintain Level 0 accreditation.

Policy Review

To ensure this policy continues to be relevant for club operation and that it reflects both community expectations the policy will be reviewed annually.