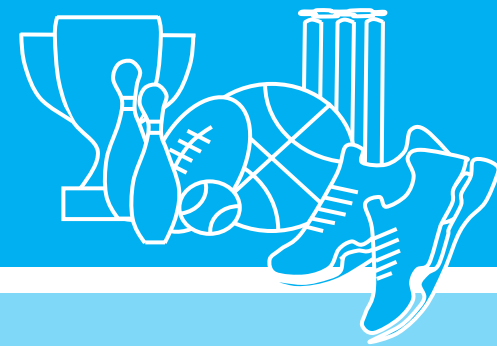


HEALTHY SPORTS CLUBS

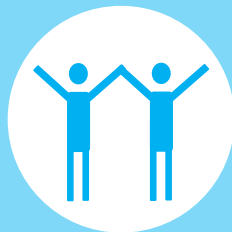
Summer evaluation findings



WHAT WORKED WELL?



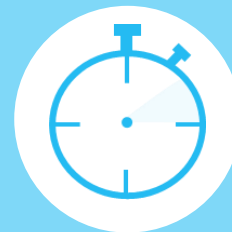
Resources developed helped clubs meet their actions.



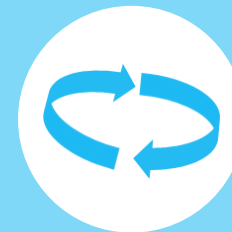
Pre-established relationships between clubs and council increased engagement.



Support from peak bodies meant clubs weren't taking on additional requirements.



Flexibility of a club to choose any health area to work on with NO time limits.



The whole of club approach was a sustainable framework for clubs.

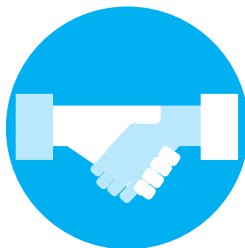


Club champions said the framework was 'simple and easy', and that actions were manageable.

ENABLERS



Enthusiastic club champions who are passionate and dedicated about the health and wellbeing of their club.



Strong partnership and collaboration with local council.

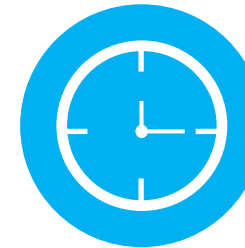


Increase in members/workforce of Healthy Sports Clubs steering committee at Monash Health & local council.

LIMITATIONS



Small number and variety of sports clubs involved in summer pilot.



The lack of time and capacity a club volunteer has to implement actions.



No money/incentives provided to clubs, and limited resources available at clubs.

HEALTHY SPORTS CLUBS

Summer evaluation findings



5 CLUBS REGISTERED

FROM **3** different SPORTS CODES



Little Athletics



Cricket



Touch Rugby

3 different HEALTH AREAS trialled



INJURY PREVENTION



SUN PROTECTION



HEALTHY FOOD & BEVERAGES

2 policies reviewed AND **14** HEALTHY ACTIONS CREATED



2 CLUBS progressed their actions AND WERE recognised for their chosen HEALTH AREA



APPROXIMATELY **1,150**

community members were reached

CLUB COMMUNITY OUTCOMES:

55%

at one club had increased their awareness of sun protection.

55%

at one club noticed promotion & discussion of Sun Protection at a club.

48%

at one club improved their knowledge on injury prevention.

55%

at one club noticed discussion of injury prevention protocols at a club.

71%

at one club knew of their club's involvement in Healthy Sports Clubs.