HEALTHY SPORTS CLUBS

A framework for sports clubs to create healthy change

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HEALTHY SPORTS CLUBS ACKNOWLEDGES

Healthy Sports Clubs **has been developed and piloted by Monash Health in partnership with Cardinia Shire Council, City of Casey Council and City of Greater Dandenong Council.**

Healthy Sports Clubs evolved from learnings and feedback from sport clubs participating in the Monash Health *Healthy Canteens* pilot. Thanks to Casey Comets, Endeavour Hills Junior Football Club and Lyndhurst Football and Netball Club.

Healthy Sports Clubs is evidence informed, based on best practice and guided by multiple existing frameworks, programs, initiatives and learnings including:

- Alcohol and Drug Foundation, *Good Sports* & *Tackling Illegal Drugs*
- Cancer Council Victoria, *Sun Smart* & *QUIT*
- Peninsula Health, Health Promotion, *Creating Smoke Free Environments in Sporting Clubs*
- State of Victoria, Department of Health and Human Services, *Achievement Program* & *Healthy Choices Guidelines*
- VicHealth, *Healthy Sporting Environments*

Health areas have been developed with the support of Victorian State Sporting Associations, peak bodies and organisations through attendance at consultation forums.

Thank you to the following organisations for reviewing and providing expert feedback on the following health areas:

- Healthy Food & Beverages—*Healthy Eating Advisory Service*
- Physical Activity & Active Recreation—*VicHealth*
- Responsible Alcohol Consumption—*Good Sports, Alcohol & Drug Foundation*
- Preventing Drug Harm—*Good Sports, Alcohol & Drug Foundation*
- Mental Wellness—*Headspace*
- Smoke & Vape Free Clubs—*QUIT, Cancer Council Victoria*
- Sun Protection—*Sun Smart, Cancer Council Victoria*
- Injury Prevention—*Sport and Recreation Victoria*
- Inclusion—*Vicsport*
- Inclusion: Women & Girls—*WHISE* and *Office for Women in Sport & Recreation*
- Inclusion: People With Disability—*Disability Sport & Recreation*
- Inclusion: LGBTI+ — *Proud 2 Play*
- Inclusion: Older People—*COTA Victoria*
- Inclusion: Culturally & Linguistically Diverse—*Active Communities Team, City of Casey*
- Inclusion: Aboriginal & Torres Strait Islanders—*Casey Aboriginal Gathering Place, City of Casey*

HEALTHY SPORTS CLUBS

WHAT IS A HEALTHY SPORTS CLUB?

Sports clubs and associations play a vital role in our community and are an important place for positive healthy change. They can influence the health and wellbeing of not only players but officials, members, their families and the wider community.

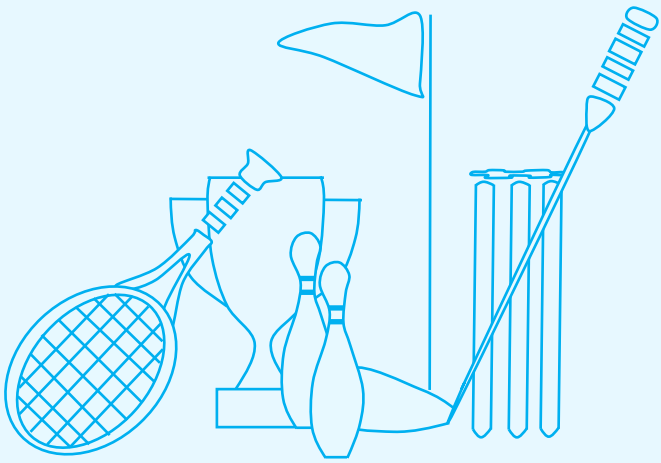
Healthy Sports Clubs takes your local club/associations from good to great! The FREE initiative encourages supports healthier environments that promote good health and wellbeing. *Healthy Sports Clubs* is built around a framework that focuses on a whole-of-club approach. This means all aspects of your club community can positively impact the health and wellbeing of all. It brings together your existing health and wellbeing efforts and looks at how it can be strengthened.

At your own pace, you progress through individual steps in a simple and easy-to-follow cycle. You can choose from a range of health areas based on your club or association's priorities. You then continually build on your existing health and wellbeing efforts to achieve the targets in your chosen health area.

BENEFITS FOR CLUBS AND ASSOCIATIONS PARTICIPATING IN HEALTHY SPORTS CLUBS

In addition to improving health and wellbeing, there are a number of other benefits:

- Become a sports club/association of choice in your community
- It is completely FREE to be involved, and so is the ongoing support
- You receive local level, expert support to guide you through each stage
- You are in charge and can select health areas that suit the needs of your club/association
- There are no time limits or requirements, you progress through at your own pace
- Improves club/association culture
- It will build and strengthen existing health efforts, and
- Your club/association receives recognition for completing healthy sports clubs!



HOW IT WORKS

Healthy Sports Clubs shows how the health and wellbeing of club officials, members, players, their families and the wider community can be supported through a whole of club approach. This framework is a continuous improvement cycle that keeps your club/association improving in health and wellbeing.

WHOLE OF CLUB APPROACH

The whole of club approach addresses three components that make up your club or association.

These components are Club Connections, Club Culture and Club Environment and are outlined in the light blue, outer circle of the framework above. They are important and support whole-of-club health and wellbeing.

CLUB CONNECTIONS

Club officials, members, players, families and the wider community are engaged and together create a healthy club.

CLUB CULTURE

Leadership and policies support and create a healthy club culture.

CLUB ENVIRONMENT

The physical club environment promotes healthy behaviours and makes the healthiest choice the easiest.

CONTINUOUS IMPROVEMENT CYCLE

You will receive ongoing support to progress through the continuous improvement cycle of the framework. Your club/association will move through the stages of Commit, Create, Initiate and Celebrate at your own pace.

It is important to gain the whole club/association's support for sustainable healthy change. By gaining commitment, your make change together.

To achieve this step:

- Register to *Healthy Sports Clubs.*
- Inform the whole club/association of your participation and start to generate interest. There are lots of ways to do this, including conversations, meetings, training, newsletters, flyers and social media.

When planning healthy change, identify strengths as well as areas to build on.

To achieve this step:

- Assess your club/association against the targets. Do this as a group of 3-5 people to get multiple perspectives.
- Select one or more health areas to focus on and create a Game Plan deciding how to achieve all targets in your chosen health area.
- Share your Game Plan with your committee for feedback and support.

Do what you do best - put your *Game Plan* into action.

To achieve this step:

- Complete actions from your Game Plan. Share the responsibility of actions across the club/association and get everyone involved in healthy changes.
- Schedule periodic check in meetings with your Health Promotion Practitioner to update on progress and chat through any challenges.
- Use the Score Card to show how your club/association successfully meets your chosen health area targets.

Congratulations, you have made sustainable healthy changes—let's celebrate.

To achieve this step:

- Share and celebrate your achievements with your club/association.
- Make sure your achievements are well documented so when new committee members start, changes and your healthy commitment is continued.
- Complete sustainability plan and consult with your club community about suggestions for next season.
- Pick a new health area to focus on and start from Step 1!

RESOURCES AVAILABLE

Healthy Sports Clubs has lots of resources available to help you make healthy changes. These include:

- Tips and strategies on how to achieve health area targets
- Game Plans to help you achieve these targets
- Policy Checklists for current club/association policies
- Score Cards to show how your club/association is actioning health change

HEALTH AREAS

There are nine different health areas as part of *Healthy Sports Clubs.* A Climate Change lens sits across a majority of the health areas and has a focus on tackling climate change and its impact on health. You can pick health areas that your club/association is already doing a lot in, or you can pick an area that is more challenging and needs improving. The nine health areas are outline below:

HEALTHY FOOD & BEVERAGES (LEVEL 1-3)

Healthy food and beverage options are provided at your club/association, making the healthy choice the easy choice.

PHYSICAL ACTIVITY & ACTIVE RECREATION

Unstructured/less competitive physical activity opportunities, such as social sports and physical activities, are offered to your whole club community.

RESPONSIBLE ALCOHOL CONSUMPTION (LICENSED & NO LICENSE)

Clubs/associations with an alcohol license encourages responsible alcohol consumption through *Good Sports.* Clubs/associations with no license promote healthy environments for your club community.

PREVENTING DRUG HARM

The prevention of drug use (recreational, performance enhancing, illicit and prescription) and associated harmful impacts on your club community is reduced.

MENTAL WELLNESS

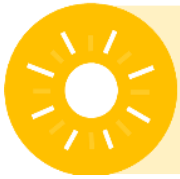
Positive mental health of your club community is supported. Club officials, members, players and their families feel valued and their mental health is supported.

INJURY PREVENTION

Injuries at your club/association are prevented. There is a culture of positive member, player and family conduct and procedures that ensure a safe environment for all.

SMOKE & VAPE FREE CLUBS

Current tobacco legislation and a smoke and vape free club environment is upheld. Resources from *QUIT Victoria* support club officials, members, players, their families and the community.



SUN PROTECTION

Sun exposure and heat illness at your club/association is limited through practical strategies and resources from *SunSmart Victoria.*

INCLUSION (CULTURALLY AND LINGUISTICALLY DIVERSE COMMUNITIES, ABORIGINAL AND TORRES STRAIT ISLANDER COMMUNITIES, WOMEN & GIRLS, OLDER PEOPLE, LGBTI+, PEOPLE WITH DISABILITY)

People feel safe and valued to access, join or visit your club/association. Club officials, members, players and families are provided equal opportunity to be involved in your diverse club/association.

WHAT IS *HEALTH PROMOTION?*

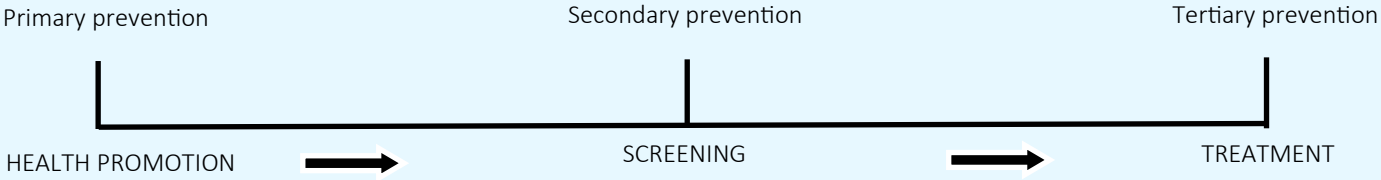
“Health promotion is the process of enabling people to increase control over the determinants of health and thereby improve their health” - *World Health Organisation, Ottawa Charter 1986.*

- Primary prevention, intervening in the community before there is evidence of a disease or injury.
- Approach is centred on keeping healthy people healthy .
- Health Promotion keeps approximately 500,000 Australians out of hospital every year by preventing chronic diseases.
- Embraces actions directed at strengthening the skills and capabilities of individuals and embraces actions directed towards changing social, political and economic conditions.

WHAT IS A *PLACE BASED APPROACH*?

"Health is created and lived by people within the settings of their everyday life; where they learn, work, play, and love." -*World Health Organisation, Ottawa Charter 1986.*

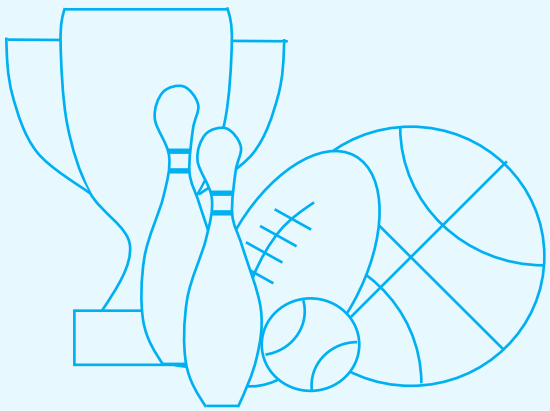
- Implementing healthy actions and changes in settings that people within a community engage in daily activities and spend time in, such as: early years centres, schools, workplaces and sports clubs.
- By creating healthy places that people engage with we can ensure that within that place a person interacts in a healthy physical and social environment.
- Supporting settings to become healthy places also allows a wider reach of the community.



YOUR ROLE IN CREATING A HEALTHY CLUB/ASSOCIATION AND COMMUNITY

As sports clubs and associations are already promoting good health through physical activity, they are a great place to help promote other, wider health benefits!

- You are providing a healthy place for people in your community to spend time in.
- Champions in the club/association are important as they have knowledge of their local sport club context and are well respected by the club community.
- By implementing healthy changes at your club/association you are not only promoting good health for your members and players, but also their families and the wider community.
- *Healthy Sports Clubs* builds champions’ skills needed to create the healthy changes at the club/association, meaning that changes are more sustainable as you learn the skills and attain the thinking needed to create healthy change.



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