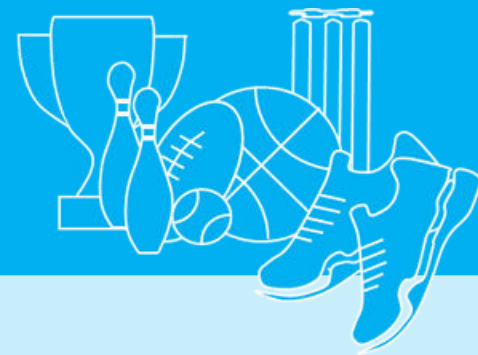


Healthy Sports Clubs Guide

A guide for schools



About the initiative

Our **Monash Health Health Promotion team** leads the **Healthy Sports Clubs initiative**, supported by the local governments of Cardinia Shire, the City of Casey, and the City of Greater Dandenong. **Participating clubs** aim to **make healthy behaviours the easiest choices**.

The initiative helps clubs create healthier environments by focusing on nine areas:

- Healthy Food and Beverages
- Physical Activity and Active Recreation
- Responsible Alcohol Consumption
- Drug Harm Prevention
- Mental Wellness
- Injury Prevention
- Smoke and Vape-Free Clubs
- Sun Protection
- Inclusion.

School-club partnership

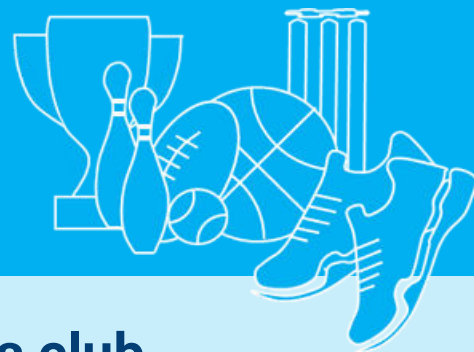
Connecting schools with local sports clubs can boost physical activity participation and foster lifelong sports involvement. This guide helps schools in Cardinia Shire, City of Casey, and Greater Dandenong partner with local sports clubs participating in our Healthy Sports Clubs initiative.

Did you know children aged 5-17 need at least 60 minutes of daily movement to support their academic performance, attention, health, and social skills.



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Creating a partnership with a sports club

Community sports clubs rely heavily on volunteers, whose unpaid efforts are essential for success. Volunteers foster community connection and enhance mental, physical and social wellbeing through their work in these clubs.

Examples of school-club partnerships include:

- 'Come and try' sessions during school or holiday programs
- Adapting activities for different ages
- Supporting teachers in sports classes
- Providing equipment information
- Sharing facilities
- Organising incursions or excursions
- Offering coaching services
- Allowing school teams to join the club
- Promoting activities through school channels.

Note: State Sporting Associations often support club programs.



Deciding on the location

Choosing between school and sports club facilities involves considering various factors to reduce participation barriers. Using school facilities can eliminate travel issues, while club facilities can help students transition into club activities.

Considerations for school facilities:

- **Background requirements:** Ensure compliance with checks such as Working With Children or Police Checks
- **Staff support:** Determine if school staff assistance is needed, especially after-hours
- **Facility suitability:** Assess if school facilities meet activity needs; consider the club's resources
- **Student needs:** Evaluate student skills and ensure coaches are trained in cultural safety, mental health, and inclusion.

Considerations for sports club facilities:

- **Distance:** Clubs should ideally be within 400m of the school for easy access
- **Transportation:** Ensure accessible transportation for all students, especially if the club is far away.

Note: The school's liability insurance doesn't cover activities not organised by the school.

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Deciding on costs

Once the location is decided, schools and clubs can determine the costs. These include travel, equipment, training coaches, and staff time.

It is recommended that activities be free of charge for participants and sports clubs to ensure sustainability and accessibility.

Possible funding sources:

- [Cardinia Shire Council Community Wellbeing Grants](#)
- [Department of Education – Active Schools Grants](#)
- [Pride Foundation Small Grants](#)
- [Vicsport grant listings](#).



Connect with a club

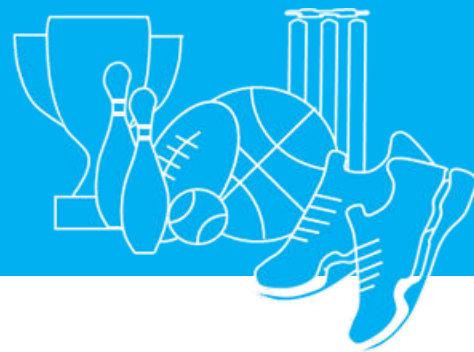
Next steps

1. You can **learn more** about our [endorsed clubs](#).
2. **Choose** and contact **a club** based on the sporting code and their location.
3. **Contact our team** at healthpromotion@monashhealth.org for support with connecting to your chosen club.
4. We'll **organise and facilitate a meeting** between your school and the club.



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Contact us

Contact your Health Promotion Practitioner from the Schools or Sports Club team at

healthpromotion@monashhealth.org

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SPORTS CLUBS

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We acknowledge the support from the Cardinia Shire Council in the creation of this resource.