

HEALTHY SPORTS CLUBS HEALTH AREAS

Our nine health areas have been designed to optimise the mental, physical, and emotional health of everyone in your club community. You can choose health areas that your club/association is already focusing on, or areas that are more challenging and need improving, it is your choice. Read about each health area below.



HEALTHY FOOD & BEVERAGES (LEVEL 1-3) Healthier food and beverage items are included in your canteen and/or events menu, providing more options for your club community.



PHYSICAL ACTIVITY & ACTIVE RECREATION Physical activity opportunities are offered outside the competition sport your club plays, providing everyone in your club community with a chance to get active when they're at the club. Your marketing and communications are also designed to welcome everyone, regardless of skill, ability, previous experience or fitness level.



RESPONSIBLE ALCOHOL CONSUMPTION (LICENSED & NO LICENSE) Clubs with a liquor license adhere to liquor licensing requirements and encourage safer alcohol consumption through applying Good Sports principles. Clubs with no liquor license create and promote alcohol-free environments for junior players through applying Good Sports Junior principles.



PREVENTING DRUG HARM Your club applies Good Sports principles to prevent drug use (recreational, performance enhancing, illicit and prescription) at the club and reduce the associated harmful impacts on your club community.



MENTAL WELLNESS Your club protects and prioritises the mental wellness of officials, members, players and their families. Your club community feels valued, safe and included and their mental health is supported.



INJURY PREVENTION Injuries at your club are prevented and players are kept safe allowing them to stay active and enjoy sports. There is a culture of positive member, player and family conduct and procedures are in place that ensure a safe club environment for all.



SMOKE AND VAPE FREE CLUBS Current tobacco and vaping legislation and a smoke- and vape-free club environment is upheld. Resources from QUIT Victoria are used to support club officials, members, players, their families and the community.



SUN PROTECTION Sun exposure and heat illness at your club are limited through practical strategies and resources from SunSmart Victoria.



INCLUSION (CULTURALLY AND LINGUISTICALLY DIVERSE, ABORIGINAL AND TORRES STRAIT ISLANDER, WOMEN & GIRLS, OLDER PEOPLE, LGBTI+, PEOPLE WITH DISABILITY) People feel safe, valued and welcome to access, join or visit your club. Club officials, members, players and their families are provided equal opportunity to be involved in your diverse club.