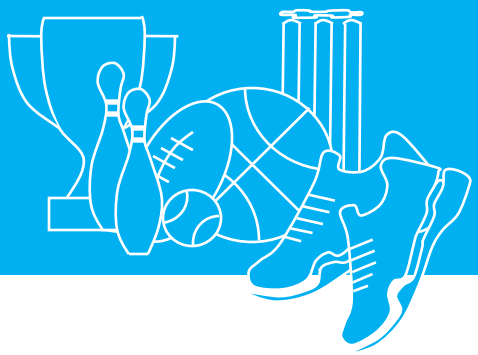
HEALTHY SPORTS CLUBS



RESPONSIBLE ALCOHOL CONSUMPTION HEALTH AREA

BACKGROUND

Clubs that promote more responsible alcohol consumption position themselves as role models in the community, providing safe, inclusive and family-friendly spaces. At these clubs, players and members can look up to peers and leaders who model positive behaviours around alcohol, and they feel supported to access help if they need it.

However, it can be difficult to be proactive about alcohol consumption at clubs. Alcohol consumption has become a normalised part of Australian sporting culture because alcohol companies target the sporting sector with product advertising and sponsorships. Many sports club leaders recognise the risks associated with unsafe alcohol consumption at clubs, but may be afraid of going against the norm.

The good news is that, with the right tools, it's easier than you think to make meaningful change in this space. Free, tailored 1-on-1 support is available for sports clubs in the City of Casey, City of Greater Dandenong, and Cardinia Shire. The Responsible Alcohol Consumption health area of Healthy Sports Clubs offers practical tools and strategies to help clubs create healthier environments around alcohol, ensuring everyone in your club community feels safe and supported.

ACHIEVING THIS HEALTH AREA

The **Responsible Alcohol Consumption** health area aligns with Good Sports. Clubs that are a *Gold Good Sports Club* can receive automatic recognition for the Responsible Alcohol Consumption area in Healthy Sports Clubs.

Clubs will be supported to:

- Ensure safe drinking practices
- Provide alcohol education to club members
- Consult with community to understand needs
- Create a club Alcohol Policy.

COMPLETE THE EXPRESSION OF INTEREST FORM TO REGISTER YOUR CLUB

EOI FORM