

Health Policy



YMCA Youth HQ (“HQ”)

HQ is a YMCA youth venue sponsored by Healthway for a number of ventures including art workshops and a summer skate boarding series over the period of the annual sponsorship program. HQ is a non-smoking, no-alcohol drug-free venue, regardless of the event.

1. Tobacco Policy

Position Statement

HQ recognises that smoke free environments protect non-smokers from the harmful effects of environmental tobacco smoke (ETS) and contributes to reducing tobacco consumption levels. HQ will encourage quitting attempts and discourage the uptake of smoking – particularly by young people.

- HQ is a 100% smoke-free venue indoors and outside. Prominent signage has been established on the front entrance, with more signage throughout the venue.
- HQ (as a youth venue) is committed to pushing the “Smarter Than Smoking” message. If we get our message to young people we can prevent the uptake of smoking before it becomes an ongoing problem. ‘Prevention is better than a cure’.
- HQ will not promote live productions or any other live arts activities where there are references to smoking or where smoking takes place, is promoted or depicted as a part of that activity.
- HQ will not sell any tobacco products from their premises.

2. Alcohol and Other Drugs Policy

Position Statement

In the interest of health and safety, HQ will actively seek to promote, encourage and support strategies to minimise harm from alcohol and other drug use.

- The consumption of drugs and alcohol or persons under the influence of these substances is not permitted within the HQ facility.
- HQ will remain a 100% Alcohol free venue at all times.
- The use of illicit or performance enhancing drugs by performers or patrons will not be allowed at any performances or activities under the control of HQ.
- Young people over the age of 18 presenting in an intoxicated state, will not be permitted to enter the premises.
- Young people under the age of 18 presenting in an intoxicated state will be assessed for the level of risk in immediately ejecting that person. If it is considered that the level of intoxication may place the young person at risk (eg, ejecting a 16 year old lone female at 10pm), attempts will be made to contact the young person’s parents or a responsible adult.
- HQ will, wherever possible, provide education for participants as to the potential harm of using illicit drugs as well as the abuse of alcohol.
- Alcohol consumption by parents, coaches/instructors and other influential personnel will be discouraged, particularly where young people are involved.



3. Sun Protection Policy

Position Statement

HQ recognises that exposure to ultraviolet radiation (UVR) has negative health effects and will therefore introduce measures to minimise exposure.

- Where a sponsored event is outside, HQ will undertake sun safe practices. Where possible:
 - scheduling activities outside of the hours 10am – 3pm when UVR is at its peak.
 - sunscreen (SPF 30+, broad spectrum water resistant) will be made available to participants and spectators on entry to the skate park.
 - shade has been provided for skaters and spectators (both natural shade and utilising shade cloth).
 - staff and members representing the organisation will always act as positive role models by adopting sun protection behaviours such as wearing long sleeved shirts, broad brim hats, extra length shorts, sunglasses and applying sunscreen.

4. Food and Catering Policy

Position Statement

HQ understands and recognises the importance of good nutrition and the role it plays in maintaining and improving health.

- Where food is available at functions and activities, healthy alternatives will be offered. This includes the provision of foods low in fat, high in fibre and with a substantial fruit and vegetable content.
- A wide variety of healthy eating alternatives will be made available from HQ's café (including, but not limited to, selected fruits, salads, vegetarian meals, high fibre foods and low fat meals).
- Appropriate training will be available for all paid staff and volunteers who handle food (eg. Food Safe Food Handling Program).

5. Sport Safe Policy

Position Statement

HQ is committed to improving the health of the community through safe participation in sport and physical activity.

- The use of protective equipment is promoted and encouraged. Where necessary the use of protective equipment is made mandatory.
- Warm up, stretch and cool down routines will be conducted at all training and competition sessions.
- An appropriately qualified first aid person will be made available at all times.
- Sports Medicine Australia's policies and guidelines on blood and infectious diseases, pregnancy and sports participation, and children in sport will be adopted where appropriate.
- Consideration will be given to the environmental conditions (heat, cold, playing and surface conditions) when conducting training and competition sessions.
- Correct fluid replacement practices will be implemented at all times.

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CENTRE MANAGER

DATE

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ADMINISTRATOR

DATE

