

# AVON ROWING CLUB Incorporated

(Established 1881)  
PO Box 13115, City East  
Christchurch 8141



## Health Promotion Policy

### Alcohol and drugs

#### Policy statement

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Avon Rowing Club is committed to providing an environment that both respects individual freedom and promotes the health, safety, and well-being of all members of our community. The misuse and abuse of alcohol and the use of illicit drugs constitutes a threat to the mission of the club and the sport of rowing. Avon Rowing Club does not supply alcohol at events organised by the club.

#### Scope

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This policy applies to club members, supporters, contractors, and visitors to Avon Rowing Club.

#### Purpose

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1. We take our host responsibilities seriously when hosting club functions and events.
2. We expect club members, coaches, and supporters who consume alcohol to do so wisely.
3. Avon Rowing Club does not tolerate the possession, selling or use of illegal or controlled substances, as defined by local statutes, at any events or venues associated with rowing.

#### Responsibilities

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##### The Club Manager is responsible for ensuring:

- Non-alcoholic drinks are provided at club events
- The club is a responsible host

##### Coaches, members, and supporters are responsible for:

- Moderating their alcohol consumption
- Following all laws
- Behaving responsibly
- Treating all people and property with respect
- Not using illicit drugs

#### Procedure - Alcohol

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Avon Rowing Club will not supply alcohol at any events organised by the club. We allow members to bring their own alcohol if they wish, and we commit to being responsible hosts if this occurs. We will:

- Provide non-alcoholic drinks
- Serve substantial, nutritious food throughout the event
- Make sure people do not drink too much alcohol
- Make sure everyone can get home safely
- Look after young people

# Smoke-free environment

## Policy statement

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Avon Rowing Club recognises that the use of tobacco, e-cigarettes and vaping presents a health hazard that can have serious implications for the user, , and that smoking habits may have life-long adverse consequences. Avon Rowing Club supports a safe and healthy environment.

## Purpose

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1. Everyone is entitled to a smoke-free environment.
2. The implementation of this policy depends on everyone responding courteously to the desire for a smoke-free environment.

## Scope

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This policy applies to club members, supporters, contractors, and visitors to Avon Rowing Club.

## Responsibilities

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### The Club Manager is responsible for:

- the maintenance of smoke-free signage
- encouraging compliance with the smoke-free policy.

### All coaches, club members and supporters are responsible for:

- encouraging compliance with the smoke-free policy.

## Procedure

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### Smoke-free buildings and club compound

Smoking, e-cigarettes and vaping are not permitted in buildings and the club compound as they endanger the safety of others, create an unhealthy environment, and may cause damage to property.

### Support to quit smoking

Free support is available at:

<http://www.smokefreecanterbury.org.nz/help-me-quit/stop-smoking-canterbury/>

# Sun safety

## Policy statement

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Avon Rowing Club recognises that exposure to ultraviolet (UV) radiation causes damage and is the main cause of skin cancer. It seeks to limit overexposure to UV radiation and reduce the associated risks for all people involved with the club.

## Purpose

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1. A combination of sun protection measures is needed.
2. Athletes need to take responsibility for their own sun safety.

## Scope

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This policy applies to club members, supporters, contractors, and visitors to Avon Rowing Club.

## Responsibilities

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**The Club Manager, coaches, members, and supporters are responsible for:**

- using sun protection measures, including sunscreen provided by the club.

## Procedure

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When it is not possible to avoid peak UV and heat periods, the following steps are taken to minimise the risk of overexposure to UV and heat illness:

- Use of sun-protective clothing is encouraged
- Use of SPF30 or higher water-resistant sunscreen is promoted
- Wearing hats, caps or visors and sunglasses is encouraged
- Rest breaks and opportunities to seek shade and rehydrate are increased if possible
- Where there is insufficient natural or built shade, portable shade structures are provided
- Instances of severe sunburn or heat exhaustion are reported to a coach or manager