



Health and Wellness Policy

Avon Hockey Club

The Avon Hockey Club is committed to creating an environment that promotes player, and volunteer health and wellness.

This will be achieved by

- All Canterbury hockey and School venues are smokefree and club members, parents and supporters will be encouraged to respect this policy.
- All club events will be smokefree.
- At all club social functions the safe use of alcohol is encouraged.
- Food and non alcoholic drinks will be available at all club Social Functions
- Responsible driving will be encouraged at club social functions
- No club person will turn up at games under the influence of drugs or alcohol
- Club members will be encouraged to follow Sunsmart guidelines when playing hockey in summer months, October to March.
- Young players who are playing in multiple teams will be encouraged to follow the CHA guidelines for player welfare relating to training and strength and conditioning sessions to prevent overuse injuries occurring.
- Players will be notified of courses being run by CHA regarding good nutrition for athletes and young players will be encouraged to attend.
- All our teams will train on appropriate and safe playing surfaces, currently; Nunweek, Nga Puna Wai, St Andrews College, St Margaret's College, Rangi Ruru, Shirley BHS old turf, Kaiapoi and Marist

Signed:

Position:

Date: