

# GOOD SPORTS OVERVIEW

## Good Sports is Australia's largest and longest running health initiative in community sports.

A program of the Alcohol and Drug Foundation, Good Sports aims to build stronger communities by championing positive change and helping to create family-friendly, thriving clubs. Today more than **7,000** clubs are proud to be a part of the Good Sports team.



## HOW IT WORKS

Good Sports provides all of the resources and support local clubs need to create healthier and safer club environments; including opportunities to improve responsible alcohol consumption, safe transport, illegal drugs, mental health and nutrition. By focusing on prevention, we help sporting clubs to make positive changes. As a result, Good Sports clubs are strong, family-friendly and better prepared for the future - the ideal setting to play and enjoy local sport.

## WHY IT MATTERS

Alcohol is Australia's most widely used recreational drug, with one in five Australians drinking at risky levels.

Research shows that community sporting clubs are particularly high risk environments for risky drinking and alcohol-related harm. The Good Sports program was designed to help change the drinking culture in clubs, strengthening the wider community.

We work with a variety of clubs; from clubs with a liquor license, clubs where alcohol is only consumed occasionally, to clubs that are completely alcohol and smoke-free.

**The results speak for themselves. Studies show that Good Sports clubs see:**

**37%**  
**REDUCTION**  
in the odds of risky  
drinking at their clubs.



**42%**  
**LESS LIKELY**  
To experience  
alcohol-related harms.



# PROGRAM OUTLINE

Good Sports guides clubs through a three level process that is primarily focused on improving responsible alcohol consumption. It's as easy as one, two, three!



## **LEVEL 1** **SETTING THE FOUNDATIONS**

- ▶ Attain a liquor license for your club, if required
- ▶ Train members in Responsible Service of Alcohol
- ▶ Promote your involvement in Good Sports



## **LEVEL 2** **SUPPORTING THE CHANGE**

- ▶ Put in place a safe transport policy
- ▶ Encourage safe celebrations
- ▶ Consider new revenue streams that don't include alcohol promotion



## **LEVEL 3** **MAKING IT OFFICIAL**

- ▶ Create and put in place an alcohol management policy

## **THE BENEFITS**

### **MAKES YOUR CLUB SAFER**

Providing responsible service of alcohol for members will help to reduce risky drinking and promote a healthy club environment.



### **POSITIONS YOUR CLUB AS A LEADER**

The Good Sports accreditation is recognition of your club's important role in the community. By role-modelling positive behaviours, your club will be more family-friendly and can have a lasting impact on the community.

### **MORE FUNDING OPPORTUNITIES**

A strong and family-friendly club is attractive to sponsors and funders. Good Sports clubs see an increase in sponsorship dollars and are often looked on more favourably for grant applications.

### **STAY AHEAD OF THE GAME**

We've done the research and we know what success looks like. Joining Good Sports is a commitment to making your club the best it can be.

### **PLENTY OF SUPPORT**

The Good Sports team supports your club to complete the program at your own pace. Every club is different, but most clubs can fulfill the requirements committing just a few hours a year to the program.



**For more information and  
to register your club, head to:**  
[www.goodsports.com.au](http://www.goodsports.com.au)