

## **ABOUT THE PROGRAM:**

We're here to coach you through this journey so take it at your own pace and let us know how we can help. To get you started, here are the 4 focus areas of the program.

### **Alcohol**

- Make junior competitions alcohol free zones.
- Ensure logos on club apparel aren't alcohol-related.
- Choose alternatives to alcohol as gifts or prizes.

### **Smoking**

- Adhere to the legislation around smoking.
- Ensure your designated smoking area is out of sight of juniors.
- Commit to becoming a smoke-free zone.

### **Nutrition**

- Promote water as your club's 'beverage of choice'.
- Information for parents about healthy eating.
- Promoting and providing Healthy Eating.

### **Conduct**

- Comply with the Working with Children check laws.
- Members agree to club code of conduct.
- Promote spectator behaviour values.

## **GOOD SPORTS JUNIOR**

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Local sporting clubs play a pivotal role in setting community standards of behaviour, the development of young people and preventing harm in our communities.

The young members of your club are learning the ropes and are influenced by everything they see and hear around the ground. The Good Sports Junior program has been developed to ensure your juniors enter safe, welcoming clubs with positive cultures. With the support of the nib foundation, over 220 clubs in New South Wales, ACT and Victoria are creating club cultures where healthy behaviours are promoted and encouraged.

### **BEING A GOOD SPORTS JUNIOR CLUB INVOLVES:**

- Influencing role model behaviours within the club environment.
- Decreasing the visibility of alcohol at junior sport.
- Encouraging clubs to be completely smoke free.
- Assisting clubs to implement healthier canteen and BBQ options.
- Creating enjoyable playing experiences for juniors through positive sidelines.

### **BENEFITS OF BEING A GOOD SPORTS JUNIOR CLUB:**

- Your club is more appealing to juniors and their parents which can lead to increased membership.
- You develop stronger community networks which can lead to increased sponsorship opportunities.
- You are supported, we know you're busy so we're here to coach you through every step of the way to make your club the very best it can be.

Being involved in sporting clubs can help juniors develop many life skills while also providing significant physical, emotional and social health benefits. By taking part in Good Sports Junior, clubs are doing their bit to create more enjoyable experiences for juniors which will encourage kids to stay in sport longer – everybody wins!