

Central Victoria Hockey Association Policy for Responsible Use of Alcohol.

1. Policy statement

1.1 The Central Victoria Hockey Association recognises the right of every individual to enjoy themselves in a safe, sociable, reliable and legal environment. With this in mind, the following policy has been formulated which reinforces and includes specific requirements. This will assist to facilitate a friendly, safe and enjoyable environment.

1.2 It is accepted and respected that Central Victorian Blazers competes in senior competitions.

1.3 It is accepted and respected that each and every athlete, on some level, plays sport for the social interaction that comes from competing in a team sport

1.4 It is accepted and respected that these athletes are not professional nor paid to play but that they actually pay to play

2. Background

2.1 Alcohol is closely linked to many aspects of our way of life. People use alcohol to socialise and relax with friends, family and colleagues, and also on other occasions, such as having a drink prior to the theatre, or celebrating special events. While many people choose to consume alcohol responsibly, others find it difficult to monitor their alcohol intake.

2.2 Research has shown that when used in moderation alcohol is safe to consumer, and in small amounts can even have health benefits.

2.3 When used inappropriately, however alcohol can cause considerable harm to both the individual and the community. Likely problems that can result from the immoderate use of alcohol include:

- drink driving
- violence
- injury to self and bystanders
- ill-health

2.4 The aim of this policy is to help promote the moderate and responsible consumption of alcohol.

3. Moderation

3.1 Health authority guidelines suggest that a BAL of 0.05% would be achieved and maintained for a male, by drinking three standard drinks in the first hour and one drink per hour thereafter. For females, the amounts are two standard drinks in the first hour and one per hour thereafter.

3.2 It is noted that these figures are just averages and may vary for individuals.

3.3 The effects of alcohol depend on your age; your body size; your level of fitness; the state of your liver and whether you are a man or a woman. Your reaction to alcohol also depends on what medicines you are taking and how recently you've eaten.

3.4 All alcoholic beverages, by law, state on the label the number of standard drinks in the container.

4. Bus trips

4.1 For 30 minutes after the conclusion of the match, no alcohol is to be consumed. Athletes should be actively encouraged to re-hydrate with sports drinks or water.

4.2 Non-alcoholic drinks are to be made available on the bus, or to be bought at allocated food stop.

4.3 Rehydrate before drinking alcohol. Alcohol will make dehydration worse.

4.4 Athletes should re-fill their drink bottle before getting on the bus after the conclusion of a match. This is to ensure that each individual has their own supply of water for the duration of the trip home.

Steps

- i. Athletes are to drink in moderation and are responsible for knowing and staying within their own limits.
- ii. Coaches, Team manager/s or Captains may approach athletes to warn them if they consider the athlete intoxicated.
- iii. Coaches, Team manager/s or Captains may override and cease alcoholic beverages to an athlete should they become intoxicated and if the athlete has previously been warned.

Intoxication defined

Intoxication may be defined as the intake of a quantity of a substance which exceeds the individual's tolerance and produces behavioural or physical abnormalities.

- 4.5 Coaches, Team manager/s or Captains may moderate the number of drinks being consumed
- 4.6 There is to be no alcohol taken off the bus when the bus stops for food, fuel or the toilet. Alcohol should be left on the bus.
- 4.7 There is to be a minimum of one bus stop for food. Food consumption should be of a suitable nature and not solely consist of potato chips, 'twisties' etc.
- 4.8 Athletes are encouraged to pack fruit, muesli bars and the like for enhancing recovery after strenuous exercise.

5. Conclusion of bus trips

- 5.1 Athletes should pre-organise travel arrangements if they are going to have a few drinks on the bus
- 5.2 Drinkers wishing to stay below 0.05% (moderation) should clearly drink less than the amounts indicated for point 3.1 in moderation.

6. Underage drinking

- 6.1 Alcohol shall not be consumed by minors (people under the age of 18)

7. Public bars

- 7.1 There is to be no visible association (clothing) made between the athletes and the association when athletes are in a nightclub
- 7.2 An athlete may wear the official sponsorship shirt when frequenting a public bar
- 7.3 Athletes must abide by the state law and the public bar or nightclub rules when frequenting these facilities

8. Tournaments/Championships

8.1 Athletes are to recognise that they have playing responsibilities. Athletes are to respect the fact that they must fulfil all playing commitments

8.2 An athlete's commitment ends 30 minutes after a game unless the coach has specified otherwise

8.3 When athletes are being accommodated in a hotel/motel/B & B they are to abide by the appropriate rules

9. All games

9.1 No athlete may consume alcohol on the match day, prior to the match

9.2 For 60 minutes after the conclusion of the match, no alcohol is to be consumed. Athletes should be actively encouraged to re-hydrate with sports drinks or water.

10. The law

10.1 Athletes will abide by the commonwealth, state and local laws

10.2 Any commonwealth, state or local law will override any section of this policy