



October 2013

Celebrating safely with *Good Sports*

The lead-up to Spring Racing and Christmas is traditionally a time when summer sporting clubs take a break from the game to celebrate the festive season and raise some much needed money along the way.

At this time of year, it's important for clubs to remember the "safe celebrating" tips for events.

In the lead up to Christmas this year, the Australian Drug Foundation's *Good Sports* program will be reminding clubs to follow these simple steps to ensure that their celebrations stay safe.

1. **Promote your club's Code of Conduct before the event so everyone knows what's expected of them.**
2. **Ensure club members are being served by RSA (Responsible Service of Alcohol) trained bar staff.**
3. **Avoid table service and "top-ups" as it makes it harder for your club members to keep track of how many drinks they've had.**
4. **Stop service of alcohol during speeches or presentations. This will help reduce the chance of high levels of intoxication.**
5. **Provide plenty of free water, soft drink and other non-alcoholic drinks.**
6. **Provide substantial food options making sure everyone's dietary requirements are catered for.**
7. **Provide safe transport options such as taxi vouchers, mini bus or designated drivers and communicate this prior to the event.**
8. **Hold a debrief session after the event to assess how it all went and to help you consider what you can do differently next year.**
9. **Have fun!**

Good Sports is a national accreditation program of the Australian Drug Foundation which works to make community sporting clubs healthy, safe and family-friendly environments by reducing alcohol and tobacco-related harms such as drink driving, and violence and aggression.

Good Sports is Australia's largest preventive health program for the community sporting sector, with more than 6000 involved nationally.

The program is supported in WA by Healthway and the Drug and Alcohol Office.

For more information about *Good Sports* visit www.goodsports.com.au or find us on **Facebook.com/GoodSportsClubs**