



Wallaroo Football Club

MISSION STATEMENT

The Wallaroo Football Club is dedicated to Football and our Community.
The Wallaroo Football Club will Promote, Advance, Foster and Cultivate the game of
Australian Rules Football

ASTHMA AWARE POLICY

Adopted 29 January 2019, Reviewed 3 April 2019, Next Review Date: April 2020

1. POLICY STATEMENT

1.1 The Wallaroo Football Club is committed to providing a safe sport and work environment.

1.2 Asthma is a major chronic health condition that currently affects 1 in 4 children, 1 in 7 teenagers and 1 in 10 adults. Over 300,000 South Australians have asthma, and it is estimated that up to 80% of these will experience symptoms during physical activity. Recreation organisations can play a key role in providing a safe and supportive environment for members and patrons with asthma.

The Wallaroo Football Club recognises the need to educate its players, members, staff and volunteers about Exercise Induced Asthma and to promote responsible asthma management strategies.

It is recommended that all people with asthma regularly consult with their Doctor regarding their daily asthma management. However, to reduce the likelihood of an asthma emergency during a sporting activity and to ensure prompt treatment of an asthma emergency, strategies will be put in place to support the person with asthma.

2. POLICY APPLICATION

This Policy is applied and is to be supported by all coaches, players and parents to ensure all are appropriately cared for in an appropriate medical way.

The Asthma Policy aims to:

- Raise the awareness of asthma within the Wallaroo Football Club and to implement the necessary strategies to ensure the health and safety of all club participants with asthma.
- Provide an environment in which players with asthma can participate fully in all available activities.
- Communicate a clear set of guidelines and expectations to be followed with regard to the management of asthma.

3. POLICY COVERAGE

Coaches/Trainers will be encouraged to:

- Participate in accredited asthma first aid training programs and be aware of participants with asthma within the club

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- Encourage players and parents/carers to implement strategies to reduce the impact of Exercise Induced Asthma.
- Where necessary, modify activities in accordance with a player's needs.
- Promptly communicate any concerns to the players parent/carer should it be considered that a player's asthma is limiting his/her ability to participate fully in all activities.

Players will be encouraged to:

- Take responsibility for their own health and safety.
- Implement strategies to reduce the impact of exercise induced asthma.
- Ensure they carry or have available appropriate reliever medication (blue/grey puffer) at all times.
- Take reliever medication as soon as symptoms develop, only resuming activity when symptom free.
- Wherever practical, self-administer their reliever medication.
- Wherever practical discuss all relevant information and concerns regarding their asthma with their coach/trainer as the need arises.

Parents/carers will be encouraged to:

- Provide and update at least annually, all relevant information regarding the players asthma via the Asthma Record Card.
- Ensure that their child has an adequate supply of appropriate medication (eg reliever) at all times.
- Communicate all relevant information and concerns regarding asthma with the coach/trainer

The Club Committee's / Management will be encouraged to:

- Provide all coaches/trainers with a copy of the Asthma Aware policy upon commencement.
- Provide all players with a copy of the Asthma Aware policy upon registration.
- Ensure that an appropriate number of coaches/trainers have current accreditation in emergency asthma management.
- Formalise and document the internal procedures for emergency asthma management.
- Display an emergency Asthma First Aid poster in key locations.
- Ensure that all coaches/trainers are aware of members with asthma in their teams.
- Ensure that an appropriate number of Asthma First Aid Kits are available and maintained.

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- Provide a mobile Asthma First Aid Kit for use at matches and training sessions.
- Encourage the use of Asthma Record Cards for all junior players with asthma. These to be filled at least annually by their parent/carer in consultation with their doctor and kept in a central accessible location.
- Provide an environment that is low allergy and asthma friendly, including the provision of a smoke-free and low dust environment.
- Provide members and patrons with access to information regarding asthma management.
- Ensure telephone access at every venue and event for the calling of emergency personnel.

This Policy shall be reviewed by the Wallaroo Football Club Management Committee.

All parties are encouraged to contact Asthma SA on 8362 6272 or <http://www.asthmasa.org.au/> for support or advice as needed.