

Introduction:

The 2010 Quit Forest Rally is a round of the 2010 Australian Rally Championship; the West Australian Rally Championship and the Western Australian Clubman Series. This event has received Healthway sponsorship for many years and the Quit message is the naming rights sponsor. The event is to be held on the 16th – 18th April 2010.

The Quit Forest Rally attracts participants from all over Australia, (both competitors and officials). It also attracts wide media interest. Participants in the Quit Forest Rally represent many different age groups ranging from young adults (16 years and over) to senior citizens.

1.0 Tobacco Policy:

The Organisers of the Quit Forest Rally recognise that smoke free environments protect non-smokers from the harmful effects of environmental tobacco smoke (ETS) and contribute to reducing tobacco consumption levels. The organisation will encourage quitting attempts and discourage the uptake of smoking – particularly by young people.

- 1.1 All area's of Rally Headquarters and Rally Offices will be 100% Smoke Free.
- 1.2 The Busselton Toyota Super Stage will be 100% Smoke Free.
- 1.3 The function venue used to hold the Prize Presentation Dinner will be 100% Smoke Free. This includes the entrance area so no smoking is can be seen when arriving and leaving the venue.
- 1.4 Tobacco products will not be sold by the Quit Forest Rally Organisers in any venues under the control of the rally organisers.
- 1.5 All officials to the Quit Forest Rally will be strongly advised not to smoke while carrying out their official duties and definitely not in an area where they can be viewed by the general public or the media.
- 1.6 A Quit message will be actively promoted at all spectator points including the Busselton Super Stage, through the use of appropriate signage.
- 1.7 Organisers of the Quit Forest Rally will promote and maintain viewing and spectator areas as smoke free. In the event that an individual chooses not to adhere to the tobacco policy a procedure for non-compliance will include the following stepped approach:
 - 1.7.1 First Infringement: verbal request making sure the individual is aware of the policy.
 - 1.7.2 Second Infringement: written request including consequences of further infringements.
 - 1.7.3 Third Infringement: barring of individual from the premises or venue for a set time.
- 1.8 Quit Forest Rally will not receive money, other benefits or have arrangements with the tobacco industry (including sales, promotion or distribution of tobacco products).

2.0 Sun Protection Policy:

The Quit Forest Rally recognised that exposure to ultraviolet radiation (UVR) has negative health effects and will therefore introduce measures to minimise exposure.

- 2.1 The Quit Forest Rally strongly recommends and supports sun safe practices for all activities.
- 2.2 Natural shade will be utilised to protect participants and spectators, wherever available. When natural shade is not available, the organisation will encourage officials to provide their own portable shade.
- 2.3 All officials will be briefed on sun safe practices.
- 2.4 Committee and members representing the organisation will always act as positive role models by adopting sun protection behaviours such as wearing sun protective clothing and hats, sunglasses and by applying sunscreen.
- 2.5 All uniforms and clothing provided for club members will comply with the design and fabric standards recommended by the Cancer Council of WA.
- 2.6 Sunscreen (SPF 30+, broad spectrum water resistant) will be made available to participants and spectators. However, when this is not possible, these parties will be encouraged to bring their own.



The Quit Forest Rally is a SMOKE FREE event

3.0 Alcohol & Other Drugs Policy:

In the interest of health and safety, the organisers of the Quit Forest Rally will actively seek to promote, encourage and support strategies to minimise harm from alcohol and other drug use. The Quit Forest Rally is governed by the rules and regulations of The Confederation of Australian Motor Sport (CAMS). CAMS has developed its **Anti-Doping Policy** following the guidelines of the Australian Sports Commission's doping policy.

- 3.1 Lower strength and non-alcoholic beverages will be available and promoted at all Quit Forest Rally functions and venues.
- 3.2 Alcohol will be served in accordance with the requirements set out in the Liquor Licensing Act 1998. This includes no alcohol being served to patrons under the age of 18 years or to intoxicated patrons.
- 3.3 Officials will not be allowed to consume alcohol or other drugs whilst on duty and for 8 hours prior to commencing their official duties.
- 3.4 Under CAMS's doping policy any competitors found to be using illicit and performance enhancing drugs or alcohol will face harsh penalties. These could include immediate exclusion from competition, and loss of competition licence for up to 3 months for the first offence (higher penalties apply if it is not the persons first offence).
- 3.5 Tap water will be readily available where possible and free of charge.
- 3.6 Alcohol will not be used for prizes or awards apart from the traditional "Champagne Spray" at the finish.
- 3.7 Food will be offered when alcohol is served.
- 3.8 Where drinks are served, they will be served in standard size drink portions.
- 3.9 Responsible alcohol use will be actively promoted.

4.0 Sport Safe Policy:

The Quit Forest Rally is committed to improving the health of the community through safe participation in sport and physical activity. CAMS have very specific safety regulations relating to protective clothing and equipment to be used by competitors and safety procedures to be followed by officials.

- 4.1 The Motor Sport Safety and Rescue Team will be located in strategic positions close to the active competitive sections.
- 4.2 New and Existing Competitors will complete a medical Statement and Declaration when applying for a National Rally Licence. Competitors applying for an International Rally Licence will be required to pass a medical examination prior to receiving the licence.

5.0 Food and Catering Policy:

The Quit Forest Rally understands and recognises the importance of good nutrition and the role it plays in maintaining health.

- 5.1 Wherever the Quit Forest Rally provides food or beverages, healthy alternatives will be made available. This includes the provision of foods low in fat, high in fibre and with a substantial fruit and vegetable content.
- 5.2 The Quit Forest Rally will not provide prizes that encourage unhealthy eating.
- 5.3 Where food vendors are required, the organisation will attempt to source vendors providing healthier food and beverage alternatives.

6.0 Maintaining Mental Health:

Quit Forest Rally will actively support positive mental health promotion to maximise well-being in individuals and communities.

- 6.2 The organisation will proactively support strategies that: provide opportunities for individuals to be mentally, physically and socially active (**ACT**).
- 6.3 The organisation will proactively support strategies that encourage individuals to join and actively participate in organisation activities and those of partner organisations (**BELONG**).
- 6.4 The organisation will proactively encourage individuals to become a volunteer for the organisation, to set personal goals for achievement in the activities of the organisation and to be more broadly involved in other community events and environments (**COMMIT**).
- 6.5 The organisation will try to reduce or remove economic or social barriers to participation in organisation activities.
- 6.6 The organisation will encourage staff, volunteers and participants to treat all groups in the organisation and the community with respect, equality and openness.

7.0 Other

- 7.1 Quit Forest Rally will review the health policy annually.
- 7.2 Quit Forest Rally will ensure that breaches of the policy are addressed through the Quit Forest Rally Management.



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