

DRUG, ALCOHOL & SMOKING POLICY

DRUGS

1. Little Athletics Queensland (LAQ) does not condone the use of any banned substances and use of any artificial aids for the purpose of obtaining an advantage in competition
2. LAQ does not condone the use of illegal recreational drugs
3. Recognises that the use of caffeine (tablets, drinks or by other means) is not recommended as it is an addictive substance and a diuretic. Athletes should be rehydrating before and after physical activity not dehydrating.
4. LAQ recognises the role of Australian Sports Anti-Doping Authority (ASADA) in the development of policies pertaining to drugs in sport
5. LAQ acknowledges that ASADA is unlikely to conduct testing of athletes competing at LAQ competitions, however, if LAQ is made aware of an athlete returning a positive drug result to a test carried out by, or under the authority of ASADA, LAQ will in accordance with its constitution apply an appropriate penalty.

ALCOHOL

LAQ is aware that alcohol, when misused, can cause harm to the drinker and others.

For the purpose of this policy, 'activity' includes competitions, carnivals and championships, coaching events/activities/camps, education clinics and school events/activities. It does not include social activities conducted away from competition or coaching arenas.

LAQ has a zero tolerance on the consumption of alcohol during any sanctioned event. There will be no sale or consumption of alcohol during the conduct of any Little Athletics activity.

The LAQ Board of Directors shall deem the consumption of alcohol during competitions or activities a breach of the LAQ Codes of Conduct and is subjected to disciplinary action.

Where alcohol is consumed at a Little Athletics function, the following measures will be taken:

- Alcohol will not be served to minors
- Alcohol will not be served to any person who is intoxicated
- Low alcohol and non-alcoholic drinks will be available
- Food options will be available when alcohol is served
- Persons who have been drinking will be encouraged to use safe transport options.

SMOKING

LAQ understands the harmful effects of smoking on health, fitness and performance in sport, and as a result has adopted the following:

1. Premises and competition arenas are declared smoke free zones - smoking permitted only where a special smoking area is designated.
2. Smoking shall not be permitted in any competition arenas or spectator areas during any Little Athletics competition.

3. Athletes / Participants are reminded that smoking adversely affects performances and are prohibited from smoking at all whilst engaged in Little Athletics activities.
4. Coaches and Officials are reminded of their responsibilities as role models particularly with juniors and are asked to refrain from smoking whilst coaching or officiating in our sport.
5. Spectators are reminded smoking is inappropriate behaviour in a sporting environment and are asked to abide by this Policy.
6. Visiting Athletes, Coaches, Officials and Administrators are also asked to respect our Codes of Conduct and this Policy.