GOOD SPORTS MENTAL HEALTH POLICY
HOBART FOOTBALL CLUB

1. PURPOSE

The purpose of this policy is to ensure the club committee and club members understand the club's role and position in relation to mental health. This policy should be understood in conjunction with the club's Code of Conduct and Member Protection policies.

2. RATIONALE

Hobart Football Club aims to provide a safe, supportive and inclusive sporting environment in which all members of the community are welcome to join, participate and contribute to the club in various ways. A safe and supportive club culture protects people against a range of health-related risks. A strong and inclusive club enables players, members, supporters, families and others in the community to engage in meaningful and positive relationships for mutual benefit.

3. WHEN DOES THIS POLICY APPLY?

This policy applies to all members and visitors to any formal or informal event, meeting, match, competition or other function that is organised under the auspices of the club. In addition, the club expects its members to acknowledge the policy in their private lives.

4. RESPONSIBILITIES

Our club will

- Activate and comply with this policy;
- Promote the policy in various ways, including noticeboards, at player and member registration, through training, and through digital channels such as social media and websites;
- Promote and role model the expected attitudes and behaviours at all times;
- Encourage open communication and work towards a culture that supports mental wellbeing for all those involved with the club;
- Appoint and provide support for Welfare Officers who have the responsibility to assist club members who might require help; OR appoint a member of the club leadership with suitable skills to act as an escalation point for issues or incidents concerning the mental health of an individual;
- Display key contact numbers in accessible places including the provision of a list of suitable health service providers who can help club members or player as required;
- Display information about mental health issues;
- Conduct an annual Good Sports day to promote safe alcohol consumption and mental health;
- Undertake activities that promote members to seek help and to decrease stigma, such as mental health themed events, game days, inviting expert speakers to address players and/or

members, undertaking mental health education, promoting mental health messaging through websites and social media;

- Encouraging coaches, committee members and club officials to take note of changes in individual's behaviour and reporting any concerns to the club escalation point or Welfare Officer, and to be vigilant about identifying those who may be struggling.

5. INDIVIDUALS WILL

- Comply with this policy
- Promote and role model the expected attitudes and behaviours always
- Be responsible and accountable for their behaviour
- Alert club officials, the designated escalation person or Welfare Officers with any concern about the wellbeing of any club member
- Honour our commitment to the health safety and wellbeing of all our members
- Treat everyone with respect and care
- Treat personal information disclosed with confidentiality

6. SUPPORTING MEMBERS WITH MENTAL ILL HEALTH

Open non-judgmental communication is encouraged between all members, including players and coaches, so that members feel comfortable to talk about any support they may require to maintain their health. This might mean a break from training, or training in a less intensive manner for a period.

Coaches, club officials, committee and members are encouraged to look past negative behaviour of individuals to see why such behaviours are taking place, and to ask individuals if they need help.

7. THE RESPONSIBLE OFFICIAL

The club will elect an official responsible for acting as an escalation point for mental health and wellbeing.

8. RESPONDING TO A NEED

All information provided to the club in relation to a member's mental health is treated as private and confidential unless that member requests that others are made aware of their circumstances. If there is a crisis this information may need to be shared with the appropriate services/supports to ensure the health and wellbeing of the member.

- When responding to a situation of need the club will focus on the safety and wellbeing of those directly and indirectly involved in a discreet manner. All responses will reflect the club's duty of care to members and visitors.
- Where concern is raised about a member's mental health and wellbeing they will be approached discreetly by a Welfare Officer, President or other club official, to discuss the concerns observed. In concert with the member, club officials will determine how the club may be able to support that member.
- Where applicable the member is encouraged to a medical centre or health agency for advice.

- Where the club is unsure of how to approach or how to manage mental health concerns or incidents, the club will seek advice from professional mental health service provider

9. INCIDENT MANAGEMENT

It is important in an incident that people remain calm, offer reassurance to those affected, and approach the situation in a thoughtful manner.
In the case of a person behaving in an erratic or disturbed manner, club members will alert a club official (e.g. Welfare Officer, President) who will take charge of the situation.

The club official will approach the person to talk calmly about what is happening and what help is required.

- where deemed necessary the club official will contact a doctor, mental health service, police, a suicide helpline or 24-hour crisis line for advice and support;
- they will explain to the person needing help the steps that are being taken to support them, by whom and in what way;
- they will contact the person's family/partner or significant other;

In the case of a person behaving in a violent manner, or threatening violence, including self-harm, the club official in charge will immediately contact police for assistance. If it is safe to do so, the club official will endeavour to calm the person and seek their co-operation.

10. POLICY PROMOTION

The club will promote the mental health and wellbeing policy regularly by:

- Putting a copy of the policy in club newsletters and printed member/player information and on the website.
- Promoting positive mental health messages through the club's social media.
- Displaying a copy of the policy in the club social rooms.
- Periodic announcements to members at functions.

11. POLICY REVIEW

This policy will be reviewed annually to ensure it remains relevant to club operations and reflects both community expectations and legal requirements.

SIGNATURES:

Signed:	_____	Signed:	_____
	Club President		Club Secretary
Date:	_____	Date:	_____

Next policy review date is 1 November 2021.

ENQUIRIES REGARDING OUR POLICY:

CONTACT: Joshua Munting
PHONE: 0458015332
EMAIL: admin@hobartfc.com.au