

# DRUG, ALCOHOL & SMOKING POLICY



Updated: 13 August 2024

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## 1. Definitions

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**Activity:** Includes but is not limited to any competitions, events, carnivals, championships, weekly meets, coaching clinics, training camps or tours, training sessions, education courses, school events, or other activities run by LAQ, or an affiliated Centre or Club.

- (a) For the purposes of this policy, 'activity' does not include social functions conducted away from competition or coaching arenas unless specifically outlined.

**ASADA** means Australian Anti-Doping Authority.

**LAQ** means Queensland Little Athletics Association Incorporated (ABN: 41 142 389 563) t/a Little Athletics Queensland

**Little Athletics** means the sport of Little Athletics, as governed by LAQ and Little Athletics Australia (LAA) from time to time.

**Relevant Organisation** means any of the following organisations:

- (a) LAQ or;
- (b) Affiliated Centres or Affiliated Clubs.

## 2. Drugs

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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.

LAQ does not condone the use of illegal recreational drugs.

The use of caffeine (tablets, drinks or by other means) is not recommended for use by Little Athletes as it is an addictive substance and a diuretic. Athletes should hydrate before and after physical activity not dehydrate.

LAQ recognises the role of Australian Sports Anti-Doping Authority (ASADA) in the development of policies pertaining to drugs in sport.

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 deem this to be a breach of this policy.

## 3. Alcohol

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

LAQ has 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 consumption of alcohol during any Little Athletics activity will be considered a breach of this policy.

Any person aged under 18 found to have consumed alcohol while at a Little Athletics activity, whilst in the care of a Relevant Organisation (e.g. while attending a representative tour) may be suspended for the remainder of the event and sent home at the expense of the athlete's parents.

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

- (a) Alcohol will not be served to anyone aged under 18.
- (b) Alcohol will not be served to any person who is intoxicated. Signs of intoxication include slurred speech, impaired balance, poor coordination, reduced inhibition, aggressive, belligerent and disrespectful behaviour.
- (c) Low alcohol and non-alcoholic drinks will be available, such as fruit juice and soft drink, at the bar and at social functions. Free jugs of water will also be available.
- (d) Food options will be available when alcohol is served
- (e) Persons who have been drinking will be encouraged to use safe transport options.

## 4. Smoking

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LAQ understands the harmful effects of smoking on health, fitness and performance in sport, and in accordance with Queensland Government legislation has adopted the following:

Smoking shall not be permitted within 10 metres of any competition arenas, warmup areas or spectator areas during any Little Athletics activity.

Little Athletics facilities, including clubhouses and sheds are to always be smoke free, even when activities are not ongoing.

Designated smoking areas are permitted provided they are at least 10 metres from any facility.

Athletes / Participants are reminded that smoking adversely affects performances and are prohibited from smoking at all whilst engaged in Little Athletics activities.

Volunteers, Coaches and Officials are reminded of their responsibilities as role models particularly with juniors and are asked to refrain from smoking even after completing their duties. Smoking whilst volunteering, coaching or officiating is strictly prohibited.

These rules apply to all smoking products including e-cigarettes and vapes.

## 5. Breaches of this Policy

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Any breaches of this Policy will be managed in accordance with LAQ's Complaints, Disputes & Discipline Policy. Any person witnessing a breach of this policy should report it to the Competition Manager, their Centre committee, or an employee of LAQ.

## 6. Review

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<b>Policy</b>	<b>Review Date</b>
<i>Next Review Scheduled</i>	<i>April 2025</i>
Drug, Alcohol & Smoking Policy	August 2024
Drug Alcohol Smoking Policy	October 2018
QLA Drug Policy	November 2013
QLA Drug Policy	July 2009
ALA Drug Policy QLAA Drug Policy Non Smoking Policy	August 2008
As of the time of writing, this table includes all policies that were accessible. The absence of inclusion in this table does not suggest that no further updates occurred, rather they were simply not accessible as of August 2024.	