

# 5 “Leading the way with 100% smoke free”

## Trafalgar Victory Football Club

# 6 “Takes the challenge to provide healthy options”

## Sale United Football Club

Through the Healthy Sporting Environments (HSE) program, the Trafalgar Victory Football Club has become smoke free. This extends beyond the playing and



spectator field, to all club events and buildings. Led by the Committee with support from the Baw Baw Council, the club is doing its bit to ensure non-smoking club members and visitors alike are protected from the hazardous health effects of tobacco smoke.

Trafalgar Victory play as part of the Gippsland Soccer League, with the juniors currently playing as part of the Central Division and the seniors playing in the South Division. Formerly known as the Trafalgar Vikings, the soccer club was established in 1996 when the club only fielded juniors and mens teams. It was in 2009 that a senior womens team was introduced and numbers began to swell, doubling from 49 in 2009 to 101 in 2010. The club has had tremendous success on and off the field for many years as a result of its hard working committee and passion for soccer.

Club President, Dylan Wyatt describes the move to 100% smoke free as being the “*right thing to do. Everyone has the right to be protected from exposure to tobacco smoking. We have a club policy that fundamentally states that all club facilities, functions and events are to be 100% smoke free. It’s included in our member welcome kit each year, so all club members are aware of our stance*”. Along with this policy, the club also erected some new modern signs up around the place, and educated the members. “*We are passionate about keeping this on our agenda, we plan to review our new policy every year and look for opportunities to promote this initiative within our club*”, Dylan explained.

Whilst the long term health benefits of introducing a smoke free environment are almost impossible to gauge straight away, the club knows there have already been huge benefits, including the signing of new members. The branding of 100% smoke free has huge potential to attract new members and sponsors and ensure sustainability of the club all at the same time. A win : win.

GippSport staff member, Chris Stanlake has worked with the club and the local council on this module. The new Tobacco legislation which was implemented during the HSE program will “*certainly help clubs to be more proactive in the area of managing smoking around junior sport*”.

The future of grass roots football is in good hands with Trafalgar Victory. With a new strategic plan in place, a strong membership and hard working committee, the club is positioned as one of the premier sporting clubs in Gippsland. Kick-starting the careers of our future Soccerroos and keeping them and their families healthy all at the same time.

At Sale United, healthy food has found its place. No longer the sole domain of hot pies and donuts, this canteen is proving that salad rolls and soup can be both profitable and simple. The Healthy Sporting Environments (HSE) program has been helping sports clubs to think differently. The result was an overhaul of the traditional canteen fare and greater choice for everyone.



Established in 1974, Sale United has over 200 members, with a strong junior membership base including a mini roos’ program and 10 junior teams. Being a family club, it wasn’t hard to find a reason to change up their canteen.

The club canteen manager, Vicki Allred explains, “*The introduction of salad rolls to the menu has been very popular. When we first introduced them they sold out very quickly. We were concerned about wastage so didn’t make many. We increased the number we made and they still sold out. We seem to have the right number now*”.

Historically, sporting club canteens have struggled to adjust to change. Partly due to tradition and ease, but mostly due to the concern of asking too much of an already limited number of hard working volunteers. No one wants to ask for an extra batch of baked scones, or for families to roster for minestrone soup duty. It’s easier to store a bag of frozen goods and throw them in the fryer on game day. And, let’s face it, those pies and donuts on a cold winter’s day are hard to beat! And they don’t need to be beaten. Dawn Martin from GippSport says, “*the HSE program is not about saying no to certain foods, its more about saying yes to some healthy ones too*”.

Successful sports clubs improve over time by getting everyone on board. They hold onto tradition but also move and shift with the times. Sale United has done just that. Completing their Level 3 Good Sports accreditation as well as developing programs with George Gray Disability Day Service and Sale Specialist School shows this club is both innovative and progressive.

Not everyone will choose soup over pies or salad rolls over hot dogs. But some will. And then maybe some more will. The club sets the tone, they set the example. People expect healthy choices these days and Sale United is happy to oblige.