



HANDBOOK

**Policy and Guidelines for Members
of SMOSH West Lakes Football Club**

Version 2021

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INTRODUCTION

This booklet has been compiled to enable players, members and supporters to be better informed of the policies, guidelines, rules and regulations, structure and procedures of the operations of the SMOSH West Lakes Football Club.

The rules and regulations outlined in this booklet apply to all Players, Coaches, Officials, Trainers, Volunteers, Parents and Supporters of the Club.

It is important that you read this document. The booklet will enable you to clearly understand what expectations the Club has of you, and what responsibilities the Club has towards its players.

Should you have any difficulty understanding any section of this booklet, do not hesitate to contact a member of the Executive Committee.

THE AIMS OF THE SMOSH WEST LAKES FOOTBALL CLUB

Club Vision

To become the club of choice for St. Michael's College Old Scholars, junior players and the local community alike.

About SMOSH West Lakes Football Club

The Saint Michael's Old Scholars, Hindmarsh (S.M.O.S.H.) and West Lakes Football Club amalgamates a proud history of Western Suburbs clubs dating back to 1930.

The roots of this club began with Semaphore Park Football Club (FC) entering the *Amateur League* in 1951 and Hindmarsh CYMS FC in 1968. In 1975, Hindmarsh CYMS FC became the SMOSH FC, and Semaphore Park became the West Lakes FC whilst playing in the *South Australian Football Association (SAFA)* in 1984. In 1988, due to the SAFA competition being reduced, West Lakes moved back to the *South Australian Amateur Football League (SAAFL)*. The *SMOSH West Lakes Football Club* was created as the result of a merger between those two teams in 1996 and became known as the Lions.

It is very much community and family orientated and boasts a comprehensive juniors programme with experienced coaches and dedicated volunteers.

The Club is well governed by young professionals, supported by members and sponsors, is financially sound, and has a reputation for producing teams across multiple grades capable of a good standard of amateur league football – all factors that are indicative of the Club's long and bright future. We invite all interested persons, whether those who may just want to be social spectators or those looking for some active involvement within the football club in any capacity, to check out our clubrooms and have chat with members and staff.

GENERAL CLUB INFORMATION

E-mail pr@smoshwestlakes.com.au
Website: <https://smoshwlf.com.au/>
Oval: West Lakes Shore Oval, Bartley Tce, West Lakes Shore

EXECUTIVE COMMITTEE

President	Peter Curran
Vice – President	Keaton Thomas
Chairperson	Scott Fitzgerald
Secretary	Rob Gray
Treasurer	Matt Harper

GENERAL COMMITTEE

Football Operations Coordinator	Simon Ebenezer
Sponsorship Coordinator	Keaton Thomas
Social Media Manager	Alex Gillespie
Functions & Fundraising Coordinator	Alex Gillespie
Assistant Secretary	James Cibich
Match Day Coordinator	Paul Cutler
Past Players Coordinator	James Lunn
Sports Club Delegate	Paul Cutler
Merchandise Manager	

CLUB ROLES

A Grade Coach	Cohen Mattner
B Grade Coach	Josh Shepherd
C Grade Coach	Jake Shepherd
D Grade Coach	Tom Bertossa
Head Trainer	Sam Moody

Club Song

*We wear the colours
Maroon, Blue and Gold
When we apply the pressure
The other teams fold
We win in the backlines
We win in attack
Lions will be premiers and never look back
Up there you Lions
In there and fight
Fly like an Eagle
And show'em your might
Up there and at them
Show'em who's boss
Make them remember
That they played the Lions

That they played the Liiiiiiiions*

Subscriptions (Subs)

Subs are used by the Club to cover the costs of insurance, apparel, equipment, affiliation fees and medical expenses. Paying Subs means you are now a member of the Club.

Subs Cost

Paid in full prior to Round 1 – \$350

Paid in full prior to Round 4 – \$370

Players under the age of 18 - \$250

Existing players who possess a debt from the previous season will not be allowed to register for the new season or be cleared until all debts are paid in full.

Payment plans, negotiated fees and hardship applications will be handled discretely and confidentially and approved on a case-by-case basis by the Treasurer.

Subs payments can be made by electronic transfer to the SMOSH West Lakes Football Club bank account with reference to your full name. (SMOSH West Lakes BSB: 805 022 Account: 02243820) or can be paid via cash or card.

IMPORTANT INFORMATION - ALL PLAYERS MUST BE FINANCIAL, OR HAVE A PAYMENT PLAN IN PLACE, PRIOR TO ROUND 4 TO BE CONSIDERED FOR SELECTION.

Volunteer Requirement

SMOSH West Lakes would not be the successful club that it is without volunteers. Whether learning new skills, sharing your experiences and skills, contributing to the community, meeting new people or simply having fun - everyone brings something to the table.

Assisting in the canteen, cooking the BBQ, helping with fundraising ventures, providing support around the club, and/or helping at training or on game day, the expectations of the SMOSH West Lakes Football Club is that we all 'pitch in' – players, parents, supporters.

Please refer to rosters at the start of the season. Players of ALL grades will be rostered to help in various areas of the Club. If you are unavailable it is your responsibility to swap your 'shift' with another player.

WE ALL VOLUNTEER AT THE DEN

Uniforms and Merchandise

Playing jumpers are provided by the club and returned after the game. They are washed every week by volunteers.

Merchandise can be viewed and purchased from Sportspower Port Adelaide. Any merchandise-related questions can be directed to the Merchandise Manager.

Fundraising

Fundraising events are held throughout the season. Any funds raised go towards the everyday running of the Club. Fundraising events also provide a terrific opportunity to socialise with Club members. Examples of Fundraising events include:

- Season Launch
- SMOSH West Lakes Ball
- Presentation Night

A lot of volunteer effort goes into creating memorable and enjoyable experiences for our members, and your support of these events is greatly appreciated.

Sponsorship Opportunities

The SMOSH West Lakes Football Club generates revenue through sponsorship, used to improve the football experience of our players, their families and friends.

Our sponsors have been generous in supporting the Club through financial and inkind support. A list of all current sponsors is on our website. It is important to support our sponsors where you can, and when you do, please make sure you mention that you are a Club member to ensure we provide maximum value for their sponsorship dollars.

If you are interested in a partnership with the Club, please contact the Sponsorship Coordinator.

Training & Team Obligations

The Players will be notified by the respective Coaches of training sessions, venues and times and a notice may be placed on the Players Facebook group, via email or text message.

All players are to provide their own water bottles for training.

Attendance at all training sessions is mandatory – special arrangements with regard to employment, education and study can be made in consultation with the respective Coaches.

To be eligible to play, all Players must be registered. This can be done through this [link](#). Selection preference is given to players who are registered, financial and attend training.

Player Management of Hot Conditions

Heat exhaustion is a serious health risk. The following factors can contribute to heat injury:-

- High ambient air temperature
- Solar radiation
- Humidity
- Dehydration

Exercising in hot weather conditions can place players at risk of heat injury and in extreme circumstances, even death.

The Club adopts the rules recommended by the Adelaide Footy League, starting on page 41 in this [link](#).

Fluids should be consumed before, during and after matches and/or training sessions. Thirst should not be relied upon as an indicator of a player's fluid needs.

It is recommended that players adopt the following guidelines:-

- ensure adequate fluid intake prior to game and during game (500-700mls per quarter)
- monitor hydration by use of fluid balance and weighing to estimate fluid loss and percentage dehydration
- notify medical and coaching staff when effected by heat or when performance is noticeably effected
- use water and electrolyte drinks
- use pre-game, game and post-game cooling strategies
- do not play in the heat with an infective illness
- apply 30+ sunscreen in sunny conditions

SMOSH West Lakes Medical & Injury Treatment Policy

Players are requested to adopt the following procedures:-

- Report all injury or illness to the Head Trainer immediately when the condition becomes apparent.
- Club Trainers will at all times provide direction to Players and Coaches with the intention to ensure the wellbeing of any individual. Players are expected to follow this advice.
- The decision to play or train remains at all times with the Head Trainer and/or Club Doctor. Further, the Club will not take direction from Naturopaths or other alternative therapists in regard to a player's treatment, diagnosis or ability to play or train.
- Mouthguards should be worn during all games and/or competitive training sessions.
- Following injury you may be provided instructions from the Head Trainer with regard to immediate treatment of that particular injury. It is expected that you will follow those instructions.
- Players are expected to follow medical advice regarding rehabilitation following injury. Should assistance be

required please discuss with the Head Trainer.

- If an ambulance is required to drive onto the oval during a game or during training, all activities must stop and all players/coaches/umpires must vacate the oval.

CODE OF CONDUCT AND CLUB POLICIES

This Code of Conduct has been compiled to enable members to be better informed of the policies, guidelines, rules and regulations of the SMOSH West Lakes Senior Football Club. It is important that you read this document, as it outlines expectations the Club has on players, support staff, members and supporters. Should you have any difficulty in understanding any section of this Code of Conduct, please contact a member of the Executive Committee.

Coaches Code Of Conduct

Coaches are required to sign the AFL Code of Conduct as part of the Level 1 Accreditation requirement. All coaches must be accredited to coach in our league. A copy of the AFL Code of Conduct for coaches can be found [here](#).

Player Obligation to the Club

All registered players of the SMOSH West Lakes Football Club are expected to make their services available if they are selected in any match, in any grade, unless directed otherwise by a medical practitioner, club trainer, or as per conversation with the respective Coach of that Grade.

It is requested that all players abide by the club and team guidelines set out and as listed below.

The SMOSH West Lakes Football Club expects Players to perform the following:

- Assist wherever possible with volunteer support. This includes participating in Match Day Activities (e.g. BBQ Roster), support team managers, and perform match day functions (goals, timekeepers, boundary and water runners) during games or help at training when asked.
- Attend Presentations when held at the club.
- Attend social functions held by or within the club.
- When wearing club apparel, at the game or elsewhere, you are representing your club. Be responsible and respectful.
- All players are required to report to the match venue at the nominated report time given by the respective coach.
- Attend all training sessions, unless special arrangements are made in consultation with the respective coach.
- Register to play. This can be done through this [link](#). Selection preference is given to players who are registered, financial and attend training.

Member Obligation to the Club

For all Members, including players, coaches and supporters, the SMOSH West Lakes Football Club expects everyone to:

- Adhere to policies set out by the [Adelaide Footy League](#) and the [SANFL](#)
- Respect the West Lakes Sports Club venue, its staff and volunteers. This includes:
 - Adhering to all rules and policies set out by the West Lakes Sports Club
 - Not undertaking illegal activities inside, or within the surrounds of the venue
 - Assisting in keeping the club smoke free, by choosing to smoke in the designated areas
 - Support the West Lakes Sports Club by purchasing food and drinks from within, and not bringing your own into the venue
 - Respecting the Liquor Licensing Laws
- Not use ugly remarks based on race, religion, gender or ability whilst supporting the Club
- Remember that you are representing the Club. Act respectfully and responsibly.

The SMOSH West Lakes Football Club expects that if you see someone doing the wrong thing, you address it with the individual.

Lodging a Policy Breach

If it is alleged that a Player or Member has contravened a policy and a breach is needing to be lodged, it is to be provided in writing to a member of the Executive Committee as soon as reasonably possible.

All alleged breaches will be investigated by members of the Executive Committee with strict confidence and the principles of natural justice. If a policy breach has occurred, disciplinary action may be undertaken.

Disciplinary Action for Breaches of Club Policies

The Committee, West Lakes Sports Club and/or Adelaide Footy League have the absolute power to impose disciplinary action for breaches of Policies. In addition, there may also be significant Statutory Penalties and/or other legal ramifications.

Disciplinary action may include any of the following:

- Warning
- Counselling
- Suspension from Club matches
- Suspension from Club premises
- Other financial relief
- Other remedies as decided by the SMOSH West Lakes Football Club Committee, West Lakes Sports Club or Adelaide Footy League

All Teams & Players are expected to ensure that they adhere to all Policies, Regulations and Rules, Legislation and directions to save unnecessary inconvenience to individuals, the Club, the Sports Club and the Adelaide Footy League.

POLICIES ON SOCIAL ISSUES IN SPORT

The SMOSH West Lakes Football Club understands and supports the following:

Illicit Drugs Policy

The SMOSH West Lakes Football Club acknowledges illicit drug use is becoming an issue within society, with over 16% of Australians taking illicit drugs within the last 12 months¹. The Club encourages all players, members and supporters to educate themselves on the potential issues that can arise as a result of illicit drug use. Resources recommended are listed below:

- [Jack Nagle explains the pitfalls of substance abuse](#) (video)
- [AFL Education illicit drugs resource](#)
- [AFL Industry Education Information and Handbook](#)

Using illicit drugs or being under the influence of illicit drugs whilst representing the Club, or whilst at the Club, will not be tolerated.

Performance Enhancing Drugs Policy

The SMOSH West Lakes Football Club has a zero tolerance Policy in relation to drugs not approved in sport, and any Player or League/Club Official caught with or using unapproved drugs will be requested to appear before the Executive Committee where disciplinary action will be taken.

Club players and officials of any Australian Football Competition that is operated and managed under the laws of Australian Football are bound by the:

- AFL Anti-Doping Code (Clause 21)
- The AFL's Stance on Performance Enhancing Drugs
- The AFL is a signatory to the World Anti-Doping Code (WADA), WADA is the international organisation responsible for fighting doping in sport.

The AFL's Anti-Doping Code exists to:

- Ensure that the AFL Competition is conducted upon the basis of athletic prowess and natural levels of fitness and development and not on any pharmacologically enhanced performance;
- Protect Players from using substances which may cause acute or long term harm to their bodies;
- Educate the Players to understand the dangers and consequences of the use of performance enhancing substances; and
- Set an example for all participants in the sport of Australian Football by condemning the use of performance enhancing substances.

KEY RESOURCES AVAILABLE

- ASDA Website has education resources including video clips that provide more information. ASADA online education can be accessed via the ASADA website www.asada.gov.au
- ASDA Hotline can be contacted on 1300 027 232 – they can advise if a substance is on the prohibited list. Australian Sports Anti-Doping Authority (ASADA)

All members of community football clubs are bound by the AFL Anti-Doping Code under the laws of Australian Football. ASADA is responsible for implementing the AFL's Anti-Doping Code at all levels of competition. It is possible that ASADA could test players at community level, and if they do attend training or match day, players notified of their requirement for a doping test must comply with the request. ASADA works closely with Australian Customs & Border Protection Services to investigate the trafficking of prohibited drugs, medications and substances. ASADA's responsibilities for investigations extend to community football.

What this means for community football.

1

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/about+us/health+statistics/alcohol+and+drug+statistics/drug+statistics>

- Any player that purchases a prohibited substance, as defined in the WADA Prohibited List available on the WADA website or via the WADA Prohibited List App), or a product containing a prohibited substance of any form through any means including online will be investigated by ASADA and sanctioned under the AFL Anti-Doping Code; ASADA does not endorse the use of supplements as they have a high risk of contamination from prohibited substance;
- Any player purchasing supplements over the internet risks being identified by Australian Customs and referred to ASADA for investigation with the likely outcome to be a sanction under the AFL Anti-Doping Code; You do not have to be tested to breach the code and receive a sanction;
- Sanctions under the AFL Anti-Doping Code can be up to four years and prevent a person from performing any role at any sporting club including playing, coaching or being a support staff member. This will include participation in an event, game or activity managed by any sporting organisation with similar obligations under ASDA's requirements.

Key messages for community football.

- If players are using, purchasing or trafficking prohibited substances they will be caught by ASADA and sanctioned under the AFL Anti-Doping Code;
- If requested to undertake a doping test by ASADA as a player you are required to complete this test;
- Do not purchase or use any prohibited substances;
- Do not purchase supplements over the internet;
- Before you purchase or use any substances review the ASADA website or contact the ASADA hotline.

Next steps.

- The AFL will continue to work with State bodies and Community Leagues to develop anti-doping education resources and messages.

National Vilification & Discrimination Policy

The link contains the complete policy and procedure regarding the [National Vilification & Discrimination Policy](#). SMOSH West Lakes Football Club acknowledge this policy and aim for all players, supporters and members to uphold it as such.

AFL National Deregistration Policy

The Deregistration Policy has been developed to provide a risk management framework and policy basis for community football administrators to recognise a duty of care with respect to players/officials who could pose an unacceptable risk to other players/officials. The link contains the complete policy and procedure regarding the [National Player and Official Deregistration Policy](#)

Smoke Free Policy

The SMOSH West Lakes Football Club, in consultation with the West Lakes Sports Club, recognise that passive smoking (inhaling second-hand smoke) is hazardous to health and that non-smokers should be protected from tobacco smoke. Passive smoking can lead to other serious illnesses such as bronchitis, lung cancer, cardiovascular disease, and chest illnesses in children.

Accordingly, the following policy has been developed by the Club to help protect people's health. The move to go Smoke Free also complements the Club's desire to create a healthy family friendly environment. The Club believes that such an environment and image will be advantageous in attracting new members and positively promoting the club in the community. Legislation and the legal duty of care also provide reasons to have a Smoke Free club.

Who is affected by the policy

This policy applies to all members, administrators, officials, coaches, players, supporters and visitors of the SMOSH West Lakes Football Club.

The SMOSH West Lakes Football Club requires the following areas to be Smoke Free:

- Club and social rooms
- Administration and office areas

- Change rooms, including near entrances
- Toilet blocks
- Playing areas
- Eating areas, including Canteen and BBQ areas
- Spectator viewing areas, indoor and outdoor
- Near entries and exits of buildings, facilities, and the ground

There is an undercover smoking area located on the northern side of the clubrooms.

SA Community Football League Cybersafety Policy

The SMOSH West Lakes Football Club acknowledges that creating a Cybersmart Environment is beneficial to all parties. This link contains the complete policy and procedure regarding the [Cybersafety Policy](#).

Respect & Responsibility– Statement Of Intent

“We, the SMOSH West Lakes Football Club, hereby commit to the objective of the AFL’s Respect and Responsibility Policy to create safe, welcoming and inclusive environments for women and girls at all levels of Australian Football. By committing to this goal, we understand that; Violence against women is a violation of a woman’s right to physical and psychological integrity, to liberty, and all too often, to her right to life itself. It is any act of gender based violence that results in, or is likely to result in, physical, sexual or psychological harm to women.

We acknowledge that;

- In Australia and around the world, one in three women will experience violence at some point in their life;
- That violence against women is the leading cause of death, disability and illness in young Victorian women aged 15 –44;
- One in five Australian women reported being subject to sexual assault at some time in their adult lives; and
- Four in five Australian women who experienced sexual violence knew their attacker.

We understand that violence against women is a major public health and safety issue in Australia, and therefore affirm that our Club understands it’s and the wider football community’s role in preventing violence against women before it occurs.

We further recognise that violence against women is caused by;

- Unequal power relations between men and women and belief in rigid gender roles;
- Holding a masculine sense of entitlement;
- Belief in the male right to control relationships;and
- Promotion of these beliefs through social structures, such as sporting clubs.

We underline our commitment to challenging these behaviours and attitudes that can cause, contribute to and condone violence against women.

We understand that creating environments where women feel safe, welcome and inclusive is both an individual and collective responsibility. In order to achieve this, we commit to;

- Having representation of women in leadership positions
- Actively recruiting women and girls to coaching roles
- Ensuring that all elements of the Member Protection Policy are adhered to at all times
- Communicate and enforce relevant Club and League Codes of Conduct
- Actively engage with the White Ribbon Campaign, or equivalent
- Adherence to our Responsible Service of Alcohol obligations, and
- Enforcing Club and League Codes of Conduct, where applicable

CONFIDENTIALITY

These rules and other information provided by the Club are for your benefit only. This information is the Copyright property of the SMOSH West Lakes Football Club and is not to be shown to or discussed with Players from other Football Clubs or personnel outside the Club.