



FIT HEALTH POLICIES

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INTRODUCTION

Females in training (FIT) is a group of women of all abilities, who want to enjoy safe, non-competitive training and exercise in a supportive and fun atmosphere aims to encourage people to be sufficiently active for good health. With already established networks within the Canberra community, FIT will continue to promote the benefits of physical activity to women while delivering the message about the importance of having an active and healthy lifestyle.

The FIT health policies are designed to provide guidance to FIT members when participating in physical activity and events and to reinforce FIT's commitment to the promotion of good health and mental and physical wellbeing.

The FIT Health Policies document is a living document and will be reviewed, amended and added to as required by the FIT committee.

Initial policy July 2012

Reviewed April 2021

Updated for Covid Safety and endorsed by the FIT Committee, April 2023

PHYSICAL ACTIVITY POLICY

Position Statement

This policy was developed by Females in Training (FIT) to encourage women, of any age, to participate in physical activity on a regular basis. FIT recognises that women who participate in regular physical activity improve their health and social wellbeing with a flow-on affect to family and the broader community. FIT is committed to encouraging and providing an environment for regular safe physical activity participation by women.

FIT will:

- provide opportunities for women to participate in regular physical activity;
- offer an environment which encourages and promotes a positive and active role for women's participation in physical activity;
- create an environment that is physically, emotionally and psychologically safe for women so as to encourage and support participation in a variety of physical activities;
- guide women of any age, from 18 years, and of any level, to explore their physical potential in order to develop appropriate and achievable goals;
- promote the use of training programs based on individual needs and capabilities, including programs specifically designed for women;
- provide networking opportunities for women seeking training partners and to prepare them for entry/participation in events.

FIT INJURY PREVENTION POLICY

Position Statement

This policy was developed for Females in Training (FIT) members to ensure safety whilst participating in coached and non-coached physical activity sessions conducted by FIT. FIT recognises that an unsafe environment has the potential to negatively impact on the health and well-being of individuals and therefore has introduced measures to prevent injury and to promote safety.

The injury prevention policy specifically focuses on the two most popular FIT physical activities of running and cycling.

Injury Prevention Statement

FIT will take care to ensure members undertake physical activity in a safe environment. Members should participate in a FIT organised activity:

- at their own risk;
- only if they are physically fit to participate in that activity and have not been advised otherwise by a qualified medical person;
- should at all times act in a safe manner when participating in FIT activities;
- should be aware of their physical ability and not take undue risks when participating in FIT activities.

Swim Safety Policy

FIT conducts swimming sessions for all levels of swimmers in order to develop basic swimming skills, to improve performance and to develop specialist skills e.g. Open water swimming skills used in triathlon events.

FIT conducts 2 types of swimming sessions

1. Pool based
2. Open water swimming (Lake Burley Griffin)

Pool Based Swimming Safety

FIT allocates an accredited coach to supervise each session. The coach sets the program for the session according to the level of the swimmers and remains on the pool deck to supervise the session.

- Swimmers self-grade in lanes according to their ability.
- Swimmers are asked to observe pool etiquette, to leave space between the swimmer in front when more than one swimmer is in the lane at the same time.
- Swimmers are to sign an attendance sheet on arrival at the pool.
- The coach remains at the pool until all swimmers have exited the water.

Open Water Swimming

Open Water Swimming generally takes place in Lake Burley Griffin only in designated swimming areas. Swimming is conducted only when the Lake is deemed to be safe for swimming by the National Capital Authority.

FIT members when participating in both coached and non-coached swimming sessions should adhere to the following safety measures:

- Do not swim when there is poor visibility, excessively rough conditions or the threat of thunderstorms and lightning
- where possible, only swim when a FIT member with appropriate lifesaving qualification is allocated, supervises the open water swimming session, and counts the swimmers in and out of the water.
- where possible, have a kayaker accompany your open-water swim. Swimmers are advised to:
 - swim with a buddy close by
 - wear a brightly coloured cap
 - wear goggles
 - only swim a distance out for which you can then comfortably return to shore.

Cycle Safety Policy

Cycling sessions consist of both coached and non-coached sessions and may involve road rides, hill training, interval training and various skill sessions.

Coached sessions are for beginners to intermediate levels or those wanting to brush up on their skills and increase their confidence.

Non-coached sessions are generally longer rides (30km – 100km) and the terrain could range from flat to very hilly terrain. To participate in non-coached sessions, you need to be comfortable with bunch riding skills and be able to fix a flat tyre, and be able to find your own way home if you lose the bunch.

FIT members when participating in both coached and non-coached cycling sessions should adhere to the following safety measures.

- ensure you have read and are familiar with the FIT [cycling bunch rules](#) found on the FIT website
- you **MUST** have lights on your bike if you are cycling with FIT for your own safety. Remember to check/ change/ charge light batteries regularly
- wear clothing that makes you visible to motorists
- carry adequate water and food and rehydrate according to the ride distance (refer to the “Beat the Heat” Fact Sheet or “Hot Weather” Guidelines on the Sports Medicine Australia website at <http://sma.org.au/resources/policies/hot-weather/>)
- ride in accordance with the Australian Road Rules.

Australian Road Rules state that: The rider of a bicycle must not ride at night, or in hazardous weather conditions causing reduced visibility, unless the bicycle, or the rider, displays:

- a flashing or steady white light that is clearly visible for at least 200 metres from the front of the bicycle; and
- a flashing or steady red light that is clearly visible for at least 200 metres from the rear of the bicycle; and
- a red reflector that is clearly visible for at least 50 metres from the rear of the bicycle when light is projected onto it by a vehicle’s headlight on low-beam.

Being a law-abiding and safety-conscious group, FIT will not allow riders to join FIT rides if they do not have lights on their bikes when riding before sunrise.

Backlights are an easy decision, and probably the most essential for riding on roads, as most cars approach you from behind. Various red lights are available from bike shops and are generally very reasonably priced. Many of them run on AA or AAA batteries.

You need to make sure that it can be fixed to your bike in a visible location. You also need to ensure that your batteries are strong enough so the light is bright.

Front lights are much more variable. You can choose from lights that are adequate for car drivers to see you, up to lights that can rival the high-beam on cars. Of course, the prices vary, too, as well as the size/weight of the lights and batteries, and the battery life/run time.

You should consider your specific requirements when choosing lights. If you ride only on well-lit roads, you may not need the top-of-the-line lights, while if you ride on unlit paths you may need more powerful lights. Again, a range of headlights are available from bike shops, or the internet.

Reflective material is also a very good safety option, particularly for visibility for cars approaching from the side. This can be in the form of reflectors on frames and wheels, reflective strips on clothing, or reflective ankle/arm bands.

Run Safety Policy

FIT members when participating in non-coached running sessions should adhere to the following safety measures:

- familiarise yourself with the route directions before the run by checking the schedule and looking at the map (if there is one)
- run with a partner or, where this is not possible, the FIT member should advise another FIT member of their proposed run course, distance, and return time
- carry adequate water and food and rehydrate according to the distance run (refer to the “Beat the Heat” Fact Sheet or “Hot Weather” Guidelines on the Sports Medicine Australia website at <http://sma.org.au/resources/policies/hot-weather/>)
- ensure you have sun protection, i.e., sunscreen and a hat
- consider carrying a mobile phone in case of difficulty
- report any safety issues or incidents on a run to a FIT coach or Committee member.

FIT TRAINING AND EVENTS POLICY

Tobacco Smoke Free Policy

Position Statement

FIT recognises that smoke free environments protect non-smokers from the harmful effects of tobacco smoke and contribute to reducing tobacco consumption levels.

FIT ensures that:

- all FIT physical activity sessions and events are 100% smoke-free;
- all official functions (including dinners, receptions, presentations, fundraising events, meetings, and social occasions) are 100% smoke-free;
- it is not sponsored by Tobacco companies and Tobacco products are not sold at any FIT events

Any person, representing FIT in any capacity will not smoke or be seen carrying tobacco products whilst acting in an official capacity. FIT encourages and supports members to quit smoking.

Sun Protection Policy

Position Statement

FIT recognises that exposure to ultraviolet (UV) radiation potentially has negative health effects. FIT will therefore support sun-safe practices and take action to enable its members to minimise their exposure.

To protect FIT members from excess exposure to the sun, FIT will:

- where possible, conduct its outdoor activities before 10.00 am or after 3.00 pm to avoid peak UV times
- ensure shade (natural, built or temporary) will be available to protect participants and spectators, where possible. When permanent shade is not available, FIT will supply and erect a portable shade structure for its members
- where possible, make its portable shade structure available for members use at physical activity events (such as ACT triathlon and running events) and functions;
- actively encourage members representing the organisation to act as positive role models by adopting sun protection behaviours such as wearing hats, sunglasses and

sunscreen;

- make sunscreen (SPF 30+, broad spectrum water resistant) available to participants and spectators at major FIT events (ie WAG-Tri). Participants will also be encouraged to bring their own.

Tap Water Policy

Position Statement

FIT recognises that drinking tap water in Australia is easily accessible and the best way to quench your thirst every day and to rehydrate when participating in physical activity. FIT also recognises drinking large quantities of soft drinks, sport drinks and cordials may cause health problems such as excess weight gain and tooth decay.

To reinforce the importance of hydrating with tap water, FIT:

- encourages all of its members to drink tap water when participating in FIT-coached and un-coached sessions;
- will provide tap water to participants at FIT-organised events if drinking water is not available.

Infectious Disease Safety

Position Statement

FIT prioritises the safety of our athletes, coaches, volunteers and the rest of the community, and recommends that all members who are able to do so, get fully vaccinated.

The following guidelines apply to training activities:

- do not attend if you are unwell and experiencing symptoms such as a cough, sore throat, fever, fatigue or shortness of breath;
- if you test positive for COVID-19 and may have been infectious whilst attending a FIT activity, you are encouraged to notify any participants whom you may have inadvertently infected; and
- do not share equipment with others (bikes, swim gear, drink bottles, nutrition and towels) and avoid touching the equipment of others.