

Nelson Bay Football Club Incorporated



ALCOHOL AND PROHIBITED DRUGS POLICY

1.0 EFFECTS

1.01 EFFECTS ON REFLEXES

Contrary to popular belief, alcohol is a depressant drug (definitely not a stimulant!) that dampens the body's reflex mechanisms. This results in a steadying of hand together with the psychological side-effect of boosting confidence by, in some cases, depressing fears and masking inhibitions.

Prohibited drugs basically fall into one of two categories – depressant (which dampens the body's reflex mechanisms) and stimulant (which heightens the level of activity of the body).

1.02 BODY EFFECTS

The effect of alcohol on the body varies between each individual person and the circumstances. The following immediate effects of alcohol are registered in all persons to a varying extent depending on the volume consumed, the physiology and the circumstances at the time.

- 1.02.01 Loss of inhibitions
- 1.02.02 Flushing and dizziness
- 1.02.03 General impairment of brain and nervous system functions
- 1.02.04 Loss of coordination to varying degrees
- 1.02.05 Slower reactions
- 1.02.06 Aggression

The effects of prohibited drugs on the body have been widely documented for some drugs but are not well established for others; however, since the use of these drugs is illegal, no further information is provided here.

2.0 EXCESS

Nelson Bay Football Club is cognizant of the potential danger of accidental injury in the sport of football. In extreme circumstances a football player under the influence of excessive alcohol and/or prohibited drugs could place not only himself/herself at risk but also jeopardizes other participating players.

3.0 COMPARISON

It has been clearly established that reactions and judgment of a driver of a motor vehicle are seriously impaired to the point of being dangerous if driving with a blood alcohol level in excess of 0.05%.

Having considered all of the research, players and/or officials, whilst involved in a game of football, are to have a blood alcohol level of zero and prohibited drug blood level of zero.

4.0 POLICY

It shall be the Policy of the Nelson Bay Football Club that:

- 4.01** Individual players whilst playing on the field or on the bench;
- 4.02** Individual coaches and individual officials whilst coaching and attending the players playing on that field or on the bench;
- 4.03** Referees officiating on that field;

When participating in a match sanctioned by the Zone Association or one of its Members shall have a blood alcohol level of zero and a prohibited drugs blood level of zero.

5.0 TESTING

A player or official shall be deemed to have a blood alcohol level in excess of zero if a reading in excess of this level is registered on a breathalyzer instrument of the type and function approved by the NSW Police Department. A player or official shall be deemed to have a prohibited drugs blood level in excess of zero if a urine or blood test shows a positive result to the testing.

6.0 ACTION

- 6.01** Any player or official who gives cause for the belief that he/she is under the influence of alcohol and/or prohibited drugs shall not be permitted entry to the playing field.
- 6.02** If a referee has cause to believe that a player is under the influence of alcohol and/or prohibited drugs, he/she shall report this to the team management and the ground Duty Officer who will take steps to remove such player from the playing field and bench before the match starts/resumes. Such player shall be the subject of a referee's report and will be cited to appear before the Disciplinary Committee.
- 6.03** Any person(s) on the bench either under the influence of alcohol/prohibited drugs or consuming same shall be removed from the playing area by the ground Duty Officer acting on the report of the referee or of his/her own volition. The match may not start/resume until such person has left the playing area. Such person shall be the subject of a match report and will be cited to appear before Disciplinary Committee.
- 6.04** Member are encouraged and urged to take steps to attempt to moderate the excessive intake of alcohol by spectators in an effort to minimize unruly crowd behaviour and abuse which detract from the purpose of the sporting event.
- 6.05** Member are reminded that alcohol/drugs must not be available or consumed at any junior (18 and under) football event.
- 6.06** Member are reminded that a Function Liquor Licence must be held if the Club is involved in selling alcohol at grounds involving senior matches only. Such licence must be sought, renewed as required and the very strict conditions applied to it must be met in full if the Club is not to be in breach of the NSW Liquor Act. The harm minimization and responsible service provisions must be fully addressed. Full details on licensing are available from NSW Government Department of Gaming and Racing.

7.0 PENALTIES

The penalty to be imposed for any breach of alcohol/prohibited drugs policy shall be determined by the Zone Association Competition Administrator (Disciplinary). Any such matter will be dealt with by the Disciplinary Regulations of the Association.