

Heatherdale CC

Creating a Healthy Club Environment

Heatherdale CC made a commitment to developing a healthier and more welcoming club environment by:

- Offering healthy food choices for afternoon tea
- Creating a smoke free environment
- Catering for younger children and families in their club rooms

The Club instigated a system for afternoon tea whereby all players contribute a small amount of money (\$3.00) and the Club prepares a nutritious afternoon tea consisting of a range of sandwiches and fruit, rather than having players bring chocolate biscuits and chips.

Having extended their pavilion to include a social area the Club designated the entire facility smoke free while providing an outdoor smoking area with sand filled pots acting as ashtrays.

The Club also provides a range of toys in the clubroom for children to play with and a change table has been set up in the disabled toilet facility.

The benefits to the Club resulting from the activities above include:

- The Club has experienced an increase in the number of visiting players remaining at the Club for post match socialising with all visiting teams being extremely complimentary of the Club's afternoon teas
- Players prefer the new afternoon tea system as they no longer need to be concerned about organising a plate of food for afternoon tea
- It is now not uncommon for players' wives and children to come down to the Club and watch the game on a Saturday