



East Retford Rugby Union Football Club Drug & Alcohol Policy

Purpose

Being under the influence of alcohol or drugs can seriously impair an individual's judgement and reactions leading to an increased risk of accidents and injuries occurring. The aim of this policy is to ensure the safety of all players, members and visitors by having clear rules in place regarding use and possession of alcohol and drugs, and to support those who have reported a problem with alcohol or drug dependence.

For the purpose of the policy, alcohol dependence is defined as:

The habitual drinking of intoxicating liquor by an individual, whereby their ability to perform his/her duties is impaired or his/her attendance at work is interfered with, or he/she endangers the safety of others.

Drug dependence is defined as:

The habitual taking of drugs by an individual other than drugs prescribed as medication, whereby their ability to perform his/her duties is impaired, or his/her attendance at work is interfered with, or he/she endangers the safety of others.

Principles

All East Retford RUFC (the club) members will be treated consistently and fairly in line with this policy.

- The rules on alcohol and drugs will be strictly enforced.
- Those who admit to having a problem with alcohol or drugs shall be fully supported by their coach.
- Members with an illness related to alcohol or drugs are encouraged to disclose this at the earliest opportunity to ensure support and help with treatment.
- All matters concerning alcohol and drugs shall be treated as confidential.
- This policy is designed to comply with relevant legislation such as the Health and Safety at Work Act 1974 and the Misuse of Drugs Act 1971

Scope

The club's alcohol and drugs policy applies to all members. Misconduct in relation to alcohol and drugs will be dealt with in relation to the disciplinary policy.

For those reasons, the following rules will be strictly enforced. No member shall:

- Play rugby or take up a position of responsibility when unfit due to alcohol or drugs (whether illegal or not) or to substance abuse.
- Be in possession of alcohol or illegal drugs when in charge of children.
- Supply others with illegal drugs.
- Supply others with alcohol, except legal consumption from the bar after the game.

- Consume alcohol or illegal drugs or abuse any substance whilst representing SR.

Whether a player is fit to play is a matter for the reasonable opinion of the designated coach or captain.

Illegal drugs include but are not limited to heroin, cannabis/marijuana, cocaine, ecstasy and amphetamines.

In addition, members must ensure they are aware of the side effects of any prescription drugs.

They must advise their team manager or coach immediately of any side effects of prescription drugs, which may affect playing performance or the health and safety of themselves or others. For example, drowsiness.

Contravention of these rules is not acceptable, and the club will take disciplinary action for any breach of these rules. When there is reasonable belief that an individual is under the influence of alcohol or drugs before or during a game or training, (for example if there was a strong smell of alcohol on the person's breath), they must not be allowed to partake in the activity.

In addition, possession of or dealing in illegal drugs on the club premises will, without exception, be reported to the Police.

Help and support

The club will endeavour to ensure that advice and help are made available to any member who feels they have a problem with alcohol or drug misuse. In the first instance, individuals will be encouraged to seek help from their General Practitioner.

Useful links:

- Alcoholics Anonymous Tel 0845 769 7555 www.alcoholics-anonymous.org.uk
- ACAD (Advice and Counselling on Alcohol and Drugs) www.acad.org.uk
- FRANK Tel 0800 776 600 (24 hours) www.talktofrank.com
- NHS (Information and advice from the National Health Service) www.nhs.uk