

ADF Good Sports Program

Presented by:
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Scan me!



Vision, Mission and Ambition

Vision

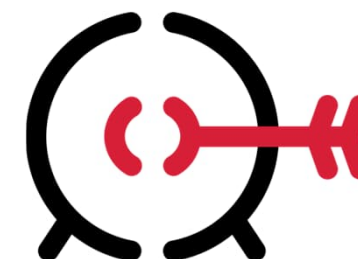
Lives unlimited by alcohol and drug harm.

Mission

Inspire positive change and deliver evidence-based approaches to **minimise alcohol and drug harm**.

Ambition

To changed knowledge, attitudes and practices so that we prevent and delay uptake amongst young people and strengthen prevention and harm reduction strategies for all. We will achieve this by increasing adoption of evidence-based approaches.



A quick intro

- It's Australia's largest community health sports program with 11,900+ clubs on board.
- We've been working with community sports clubs – of all codes – for 25 years.
- Good Sports is a core program of the ADF.
- Australia's leading drug and alcohol harm prevention organisation – now in our 65th year.



What the evidence tells us...

- Community sporting clubs make an **important contribution to the health and wellbeing** of the community
- However, in Australia, members of community sporting clubs **drink at higher levels** than the general population
- Therefore, some community sporting clubs are **undermining their health and wellbeing** objective by exposing their members to AOD harm
- If we want to minimise AOD harm in community sporting clubs, we must start by **addressing the attitudes and practices** of clubs where alcohol is consumed

THE LANDSCAPE

- Normalised at a pro level by elite athletes
- Infiltrates local sporting club cultures
- Large percentage of clubs allow alcohol at junior events
- Young people are exposure to alcohol advertising



Man sues footy club over 'drunk' incident

A 34-year-old man has sued a football club over a "drunk" incident that allegedly occurred at a match. The man claims that he was assaulted by a fan who was intoxicated. The club denies the allegations and has offered to settle the case out of court. The man has refused the offer and has filed a lawsuit. The case is currently in court.

Booze fine for footy clubs

A football club has been fined for allowing alcohol to be sold at a match. The club was fined for breaching the rules of the football association. The club has appealed the fine. The fine was imposed because the club was found to have sold alcohol to minors. The club has argued that the alcohol was sold to adults and that the minors were not present. The fine was imposed because the club was found to have sold alcohol to minors. The club has argued that the alcohol was sold to adults and that the minors were not present.



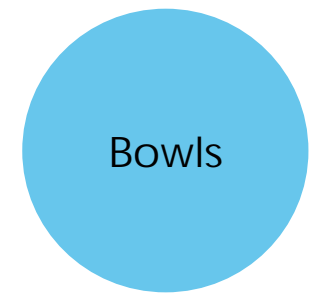
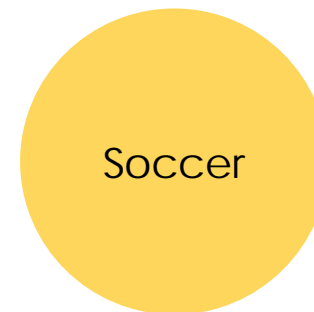
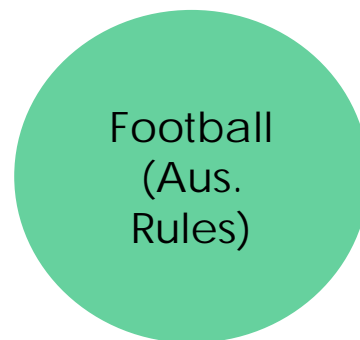
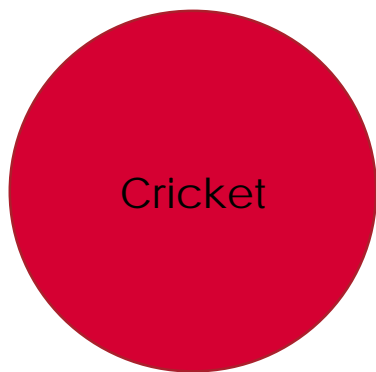
[What are juniors really learning? - YouTube](#)

- Sporting clubs should help kids build healthy habits to last a lifetime.



Good Sports

- Approximately 70,000 community sports clubs in Australia
- 11,882 GS clubs
 - 80% allow alcohol consumption
 - 53% have reached highest level of accreditation (Gold/3M)
 - 4467 clubs with risk factors, not yet progressed



The GS Problem...

Community based sporting clubs can be environments that expose members to unregulated and problematic alcohol use and related harm

The GS solution...

A program that supports clubs to strengthen policies and practices to prevent harm from AODs and promote a healthier, safer and more family friendly environment.



GS Aim and Objectives

The Good Sports program aims to strengthen club policies and practices to prevent harm from alcohol and other drugs and promote a healthier, safer and more family friendly environment.

Aim



Objectives

Guide clubs to develop, commit to and maintain **policies and practices** that prevent AOD harm.



Build knowledge and confidence to prevent or **reduce risk of AOD harm** and how to access help.



Prevent or **reduce risky alcohol** consumption and behaviours.



Increase **awareness of mental health** supports and how to access help.



Prevent or **reduce children's exposure** to alcohol use in sport.

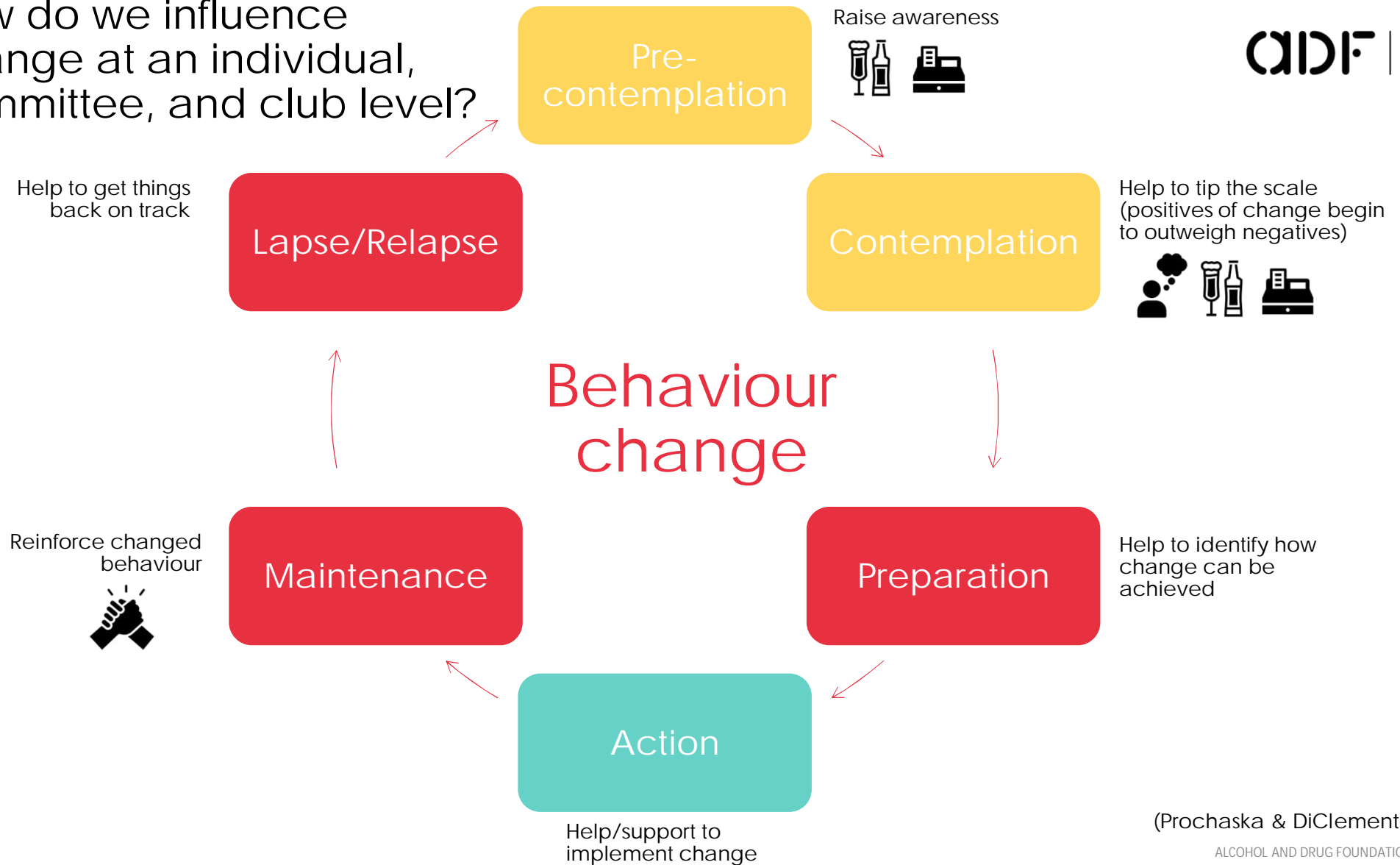


Contribute to the creation of a **safer and inclusive environment** for members.



Build diversified and sustainable funding to **prevent reliance on alcohol sponsorship**.

How do we influence change at an individual, committee, and club level?



(Prochaska & DiClemente 1983)

Let's talk about it... what is alcohol consumption like at your clubs?

- Do you have a liquor license?
- Do you have a community liquor permit?
- Who are your RSA servers?
- Do you have happy hours?
- Do you have a courtesy bus?
- Do you have junior members?
- Is the bar open during junior events?
- Is alcohol consumed/sold differently at external sporting facilities during trainings or games?



What about when alcohol is introduced?

Positive role model

The role model is intoxicated at a sporting event in front of impressionable people & juniors.

Exercise & physical activity

Alcohol can undo the health benefits of exercise, impacting physical and mental health

Structure and routine

The drink after the game becomes the draw card, instead of the sport and its many positive benefits.

Teamwork & peer connection

Pressure to kick on and drink together

Welcoming environment

When alcohol is present, an environment can feel unsafe for vulnerable people, women and children

Social events

Alcohol-fuelled incidents, unsafe environment, risk of drink driving.



Drink and drug driving in Australia

- 55% of road crash deaths occur in regional areas of Australia, where many clubs are located far from members' homes
- Combining high alcohol consumption with the need to travel increases the risk of drink driving
- Drink driving causes approx. 30% of fatal crashes, with over 1 in 4 drivers and passengers killed showing a Blood Alcohol Content (BAC) over the legal limit
- In the last 5 years approximately 41% of all drivers and motorcyclists killed (who were tested), had drugs in their system



Statistics drawn from National Road Safety Strategy in October 2024

*TAC statistic as at October 2024

Reporting Road Traffic Incidents Guide <https://dl.orangedox.com/9Pc150>

Your club's Good Sports portal

1 The sign-in page features the Good Sports logo, a welcome message, and fields for Email and Password. A 'SIGN IN' button is highlighted in yellow. Below the fields are links for 'Forgotten password?' and 'New user? Sign up here'.

2 The dashboard shows a 'To do' notification: 'To do: You have 16 items in your action plan. Complete your current [action plan items](#) to work toward Sports Club accreditation.' Below this is an 'Action Plan' card with '16 action items pending' and '3 completed'. A 'FINISH TOUR' button is highlighted in yellow.

3 The questionnaire completion screen displays '43/43 Questions Answered' and 'Questionnaire complete!'. It includes a 'saved' indicator and two summary cards: '27 Policy Items' and '16 Action Items'.

4 The policy signing screen is titled 'Good Sports Policy' and prompts the user to 'Progress through questions and actions to generate your policy to share with your club.' A 'NEXT' button is highlighted in yellow. A 'Sign policy' card shows '0 policy items signed' and '3 completed'.



Shine a spotlight on your members' safety and the very real dangers of driving under the influence.



Get resources to implement safe transport practices in your club to protect members for the long haul.



Change behaviours - position your club as a positive, inclusive environment that cares about players members and the community getting home safe - every time.



All Good Sports clubs can host a round during May and/or November 2025.



Clubs select your fixture date and register it with Good Sports to receive a club activation kit.



Thank You

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