

Elmhults Sport Club
Näsvägen 19
343 95 ÄLMHULT

DRUG AND BULLYING POLICY

ELMHULTS SPORT CLUB, ESC

Elmhults Sport Club conducts the sports skiing, swimming, cycling and running with the purpose to provide an active, meaningful and stimulating activity to its members. Our activity includes a lot of children and young people. We want to take responsibility for providing our members an environment free from drugs and bullying. A part of this work is a drug and bullying policy with rules that works as guidelines and support for the members.

One purpose of the sports movement is to develop people in a positive direction, physically and mentally, as well as socially and culturally. We also learn how the body works and we take a stand against what is harmful and destructive for the body.

The starting point should be that sports shall form a safe environment from both a drug and bullying view. This makes demands on leaders, when together with children and young people, to be aware of their role as grown up models and trainers of the young.

POLICY

- ESC complies with applicable law concerning drugs and bullying. This implies zero tolerance against drugs and bullying in connection with activities organized by the association.

ACTION PLAN

- ESC will illustrate its policy when new members join the association. The policy shall also be available on the website and be handed out to our members yearly.
- If a child or youth under 18 years violates the policy, responsible trainer, or other responsible adult talks to the person in concern

about the rule and its purpose. Parents will be informed. If drugs or doping substances have been used, social welfare authorities will be contacted. At repeated infringements, the case is taken up by the board. Exclusion occurs at repeated bullying or repeated use of drugs or doping substances.

- ESC's aim concerning drugs and bullying is stated below. Responsible for the implementation of the policy are trainers and team leaders that answer for the training/competition and responsible for other activities.
- In connection with internal training and gatherings with trainers and leaders, ESC highlights the importance of knowledge about the effects of drugs and bullying.
- The policy does not include prohibitions on leaders, trainers, or adults over 18 years except what is said by applicable law. However, one always represents the association at travels, competitions, camps, and suchlike conducted by the association. One also acts as a role model for younger practitioners.

This action plan for the association's drug and bullying policy shall be evaluated annually and, if applicable, be readjusted by the board of Elmhults Sport Club.

DRUGS

Following is defined as drugs within this policy:

Tobacco

Alcohol (drink stronger than 2,25%)

Narcotics

Doping preparations

AIM

TOBACCO

ESC shall work to make leaders and active aware of the negative impact of tobacco on individuals and environment and also work for a decreased consumption. Beyond the tobacco law, ESC also wants to work for an environment that is as free from tobacco as possible.

All trainings and competitions, where youth under 18 participate, are free from tobacco. At other activities arranged by the association, smoking is forbidden, except when a certain place is referred for this.

ALCOHOL

At every training, competition, camp, and travel organised within the association where young people participate, alcohol is prohibited.

At gatherings not arranged by the association alcohol should be handled with restrictiveness, and not occur at all if youth under 18 years participate. For member that wears club clothes, the use of alcohol is forbidden.

NARCOTICS

All activity arranged is completely free from narcotics. This rule has no exceptions.

DOPING

All activity is covered by the doping rules that are established by Riksidrottsförbundet, which means that no preparation on their list of prohibited preparations is allowed for any member of the association.

OTHER

ESC leaders and trainers shall be made aware of that children and youth may have parents with abuse problems and that these children and youth may need special support.

BULLYING

Following is defined as bullying in this policy,
Bullying is when one or several individuals, at one or several occasions are exposed to insulting words or actions, by one or several persons.

AIM

All activity arranged is completely free from bullying. This rule has no exceptions.

By this, ESC has accepted the challenge to follow the policy.

Älmhult, February 2021