

# **Asthma Friendly Sport and Recreation Policy**

Asthma is a major chronic health condition that currently affects over 180,000 South Australians, including 1 in 9 children. It is estimated that 50% of these people will experience symptoms during physical activity (Exercise-Induced Asthma). Sport and recreation organisations can play a key role in providing a safe and supportive environment for participants with asthma.

**(Insert Name Here)** recognises the need to promote responsible asthma management strategies and foster the development of greater asthma awareness.

## **Aims**

It is recommended that all people with asthma regularly consult their Doctor for efficient asthma management. However, to reduce the likelihood of an asthma emergency at a **(Insert Name Here)**, the following strategies will be implemented:

### ***Management and Committee will be encouraged to:***

- Provide all coaches and trainers with the opportunity to participate in Asthma First Aid training
- Display asthma information in suitable locations
- Encourage the development of an environment and culture of asthma awareness
- Endeavour to reduce triggers in the local environment that may affect asthma

### ***Coaches, Trainers, Officials and Volunteers will be encouraged to:***

- Participate in a recognised Asthma First Aid training course (and update every two years)
- Ensure the Asthma Emergency Management Kit is available
- Ensure all asthma first aid incidents are recorded
- Be aware of participants with asthma in their teams or squads (through Action Plans)
- Encourage strategies to reduce the impact of asthma, including Exercise-Induced Asthma
- Communicate asthma concerns to parents and carers as appropriate

### ***Members and Participants will be encouraged to:***

- Take responsibility for the management of their asthma, including consulting their doctor to develop a written Asthma Action Plan
- Implement strategies to reduce the impact of Exercise-Induced Asthma
- Ensure they have their reliever medication available at all times

### ***Parents and Carers will be encouraged to:***

- Provide and update asthma information as required or needed
- Consult their child's doctor to develop a written Asthma Action Plan
- Ensure an appropriate supply of reliever medication is available for their child

