



# Healthy Lifestyle Policy

## 1. Purpose

Saskatoon Youth Soccer Inc. (SYSI) is committed to providing a safe, healthy, and positive sporting environment for all participants.

This policy promotes education, prevention, and positive choices around health and wellbeing — including the avoidance of alcohol, tobacco, vaping, cannabis, and all other legal or illegal drugs.

The goal is to help young players develop lifelong healthy habits, understand the risks of substance use, and recognise that well-being supports performance, safety, and enjoyment in sport.

## 2. Guiding Principles

SYSI's Healthy Lifestyle Policy is built on the following principles:

- **Respect:** for self, teammates, coaches, officials, and the game.
- **Safety:** creating environments free from substance-related risk or impairment.
- **Education:** ensuring all members understand how lifestyle choices affect physical and mental health.
- **Support:** providing help and access to guidance when a member is struggling, rather than punishment first.
- **Role Modelling:** recognising the influence adults have in shaping youth attitudes toward health and behaviour.

## 3. Scope and Application

This policy applies:

- At all SYSI-sanctioned training sessions, matches, tournaments, and social events.
- To all registered players, coaches, team officials, volunteers, parents/guardians, spectators, and administrators representing SYSI.

## 4. Standards and Expectations

### a) Alcohol

- No consumption of alcohol by players, coaches, or officials before or during any SYSI activity.
- Alcohol is not permitted within the playing area and dressing rooms, or any other non-licensed area, at youth training sessions, matches, or events attended primarily by minors.
- Parents and supporters are expected to model responsible behaviour at all SYSI events.

### b) Tobacco and Vaping

- Smoking and vaping are prohibited at all SYSI-sanctioned training and competition areas.
- Coaches, volunteers, and spectators must refrain from using tobacco or vaping products in the presence of youth participants.

### c) Cannabis and Other Legal Substances

- Cannabis use or impairment is **not permitted** during SYSI activities.
- Players prescribed medical cannabis, or other controlled medications must disclose this confidentially to their coach and/or Club Welfare Officer for safeguarding and safety purposes.

### d) Illegal Drugs and Misuse of Prescription Medication

- The use, possession, or distribution of illegal drugs at SYSI events is strictly prohibited.
- Misuse of prescription or over-the-counter medications (including performance-enhancing substances) is considered a breach of both this policy and SYSI's Anti-Doping Policy.

## 5. Education and Prevention

SYSI promotes learning over punishment. Education is delivered through:

- **Safe Sport training** for all coaches and volunteers.
- **Information sessions** on supporting healthy choices at home.

- **Club campaigns** promoting hydration, nutrition, sleep, and mental wellbeing.

## 6. Support and Intervention

SYSI recognises that young people may encounter pressures or challenges around substance use.

If a concern arises:

1. The matter will be addressed confidentially by the Club Welfare Officer (CWO) or SYSI Technical Director.
2. SYSI will focus first on education, guidance, and access to appropriate support, not punishment.
3. Where necessary, parents/guardians will be contacted, and referrals may be made to local health or counselling services.
4. Serious or repeated breaches involving illegal activity may result in disciplinary action consistent with SYSI's Code of Conduct and Safe Sport policies.

## 7. Roles and Responsibilities

Role	Responsibilities
Players	Make healthy choices, respect the policy, ask for help when needed.
Coaches & Team Officials	Model positive behaviour, ensure environments are substance-free, complete Safe Sport and True Sport Clean training.
Parents/Guardians	Support healthy habits at home and reinforce SYSI's expectations.
Club Welfare Officer (CWO)	Provide confidential guidance, report concerns to SSA and Safe Sport if required.
SYSI Board & Staff	Oversee implementation, review annually, and ensure consistency with Canada Soccer and SSA policies.

## 8. Reporting Concerns

Any member who has a concern about substance use or wellbeing issues should:

- Speak confidentially with the Club Welfare Officer,
- Contact SSA Safe Sport Lead, or

## 9. Review and Alignment

This policy will be reviewed annually by SYSI's Board.

Updates will reflect emerging best practice in athlete health, safety, and education as promoted by CCES, Safe Sport Canada, and True Sport.