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## Media Release

October 2015

# Budokan Judo Club gets *Good Sports* accredited

The Australian Drug Foundation's *Good Sports* program works in communities to make sports clubs safe and healthy. Clubs learn about managing alcohol responsibly to become more family-friendly.

Budokan Judo Club has been awarded Level 1 accreditation as part of the *Good Sports* program, for our work as leaders in reducing the link between alcohol and sport in the community.

Being a *Good Sports* club means changing practices and adopting *Good Sports* policies, such as safe transport options, smoke-free club rooms, alcohol alternative fundraising and training in Responsible Service of Alcohol.

Rob Katz, Club President said that *Good Sports* was helping to promote positive messages and examples around alcohol.

Judo is one of the most challenging and demanding of sports. Budokan Judo Club prides itself on the high levels of participation by its members in every aspect of the sport as well as the strong family involvement. At the same time we are a high performance club and espouse the values needed to promote these achievements. At Budokan Judo Club, we want to keep the club a safe and healthy place for families to play and enjoy Judo whilst maintaining high levels of participation and achievement.

Nikki Woolley, Good Sports State Manager for NSW, said alcohol is a leading cause of preventable illness and death in Australia, and breaking the link between alcohol and sport has never been more important.

"By joining Good Sports and achieving accreditation, Budokan Judo Club is showing the community that they care about the health and wellbeing of their players and members," she said.

"Congratulations to the club for leading the way in changing Australia's binge drinking culture."

Good Sports is Australia's largest preventive health program for the community sporting sector, with over 6500 involved nationally.

Transport for NSW is the major supporter of *Good Sports* in NSW, helping *Good Sports* reduce the incidence of drink-driving and encourage safe driving among young drivers. Drink driving is a factor in around one in every five crashes in NSW where someone loses their life.

For more information about Good Sports visit [www.goodsports.com.au](http://www.goodsports.com.au) or find us on [Facebook.com/GoodSportsClubs](https://www.facebook.com/GoodSportsClubs)

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