



Alcohol and Physical Activity

The Department of Sport and Recreation seeks to promote, encourage and support strategies to minimise harm from alcohol and other drug use in the interests of the health and safety of those participating in sporting and recreational activities.

Background

Alcohol is widely used and enjoyed by Australians and can form part of an enjoyable and healthy lifestyle. In fact, low-risk levels of alcohol drinking can provide some health benefits for middle-aged and older people. However drinking in excess of low-risk drinking levels can have harmful effects on health.

Alcohol consumption after exercise can lead to poor recovery and slow repair of injuries because of dehydration and increased swelling and bleeding of injuries.

The State Government condemns the use of banned performance enhancing substances and other doping and drug-taking practices in sport as both dangerous to the health of competitors and contrary to the ethics of sport.

So-called recreational drugs can also be detrimental to the performance and health of physical activity participants.

Contacts

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Resources

Department of Health and Ageing. (2003). *National physical activity guidelines: Physical activity as part of a healthy lifestyle*. Canberra, Australian Capital Territory: Author.

Department of Health and Ageing. *Australian alcohol guidelines*.

<http://www.alcoholguidelines.gov.au/www.alcoholguidelines.gov.au>

Department of Sport and Recreation. *Western Australian drugs in sport policy*.

<http://www.dsr.wa.gov.au/organisations/drugsinsport.asp>

Useful Websites

Sports Medicine Australia (WA Branch)

<http://smawa.asn.au>