



XLFC Ltd.  
71-75 Shelton Street, Covent Garden,  
London, WC2H 9JQ.  
Tel: +44[0]118 429 3262  
[www.xlfc.uk](http://www.xlfc.uk)

# XLFC Weight-loss Football. Drug and Alcohol Policy "Appendix V1" [Updated: 01.06.2024]

## Introduction.

XLFC is committed to promoting a healthy and supportive environment for all of its members. This Code of Conduct outlines XLFC's policy on drug and alcohol use during social events, training sessions, and match days. Adherence to this policy is crucial in maintaining the safety, well-being, and integrity of all our regional clubs.

## General Conduct.

- **Zero Tolerance:** The club has a zero-tolerance policy regarding the use of illegal drugs and the abuse of alcohol.
- **Awareness:** All members must be aware of and understand this policy. Ignorance is not an excuse for violations.
- **Responsibility:** Each member is responsible for their own actions and for upholding the standards set forth in this Code of Conduct.

## Conduct During Social Events.

- **Moderation:** If alcohol is consumed at an XLFC-sanctioned social event, members are expected to drink responsibly and in moderation.
- **Illegal Substances:** The use or possession of illegal drugs is strictly prohibited at all XLFC social events.
- **Behaviour:** Members must conduct themselves in a manner that reflects positively on XLFC and all of its regional clubs, avoiding disruptive or offensive behaviour.

## Conduct During Training Sessions.

- **Sobriety:** Members must attend training sessions free from the influence of drugs or alcohol.
- **Fitness and Safety:** Participating in training while under the influence of drugs or alcohol is strictly prohibited as it compromises safety and performance.
- **Support:** If a member is struggling with substance abuse, they are encouraged to seek help and support from the club or relevant health services.

## Conduct During Match Days.

- **Pre-Match:** Members must not consume alcohol or drugs before or during any XLFC training sessions or matches.
- **In-Game:** Any member found under the influence of drugs or alcohol during an XLFC training session or match will be immediately removed from the session/game and may face disciplinary action.
- **Post-Match:** While moderate alcohol consumption after a match is permissible, members should behave responsibly and maintain the XLFC standards of conduct.

## Disciplinary Procedures.

- **Reporting Violations:** Any breaches of this policy should be reported initially to the XLFC club in question's committee, who will in turn report this violation to the XLFC Head Office via email in the first instance: [info@xlfc.uk](mailto:info@xlfc.uk)
- **Investigation:** All reported violations will be investigated promptly and fairly.
- **Consequences:** Violations of this Code of Conduct may result in disciplinary actions including warnings, suspension, or expulsion from the relevant XLFC club, depending on the severity of the breach.

## Support and Rehabilitation.

- **Support Systems:** XLFC encourages members struggling with substance abuse to seek support. Confidential assistance may be provided to those who request it.
- **Rehabilitation:** Members who voluntarily seek help for drug or alcohol issues will be supported in their rehabilitation efforts and may continue to participate in XLFC club activities upon demonstrating commitment to recovery.

## Club Representation.

- **Role Models:** Members are expected to be role models within the community, promoting healthy and positive behaviours while representing XLFC and their respective regional clubs.
- **Ambassadors:** Always represent XLFC and your regional club with dignity and respect, both on and off the field while acting respectfully to all opposition clubs and any/all XLFC staff, coaches, sponsors and stakeholders.

## Conclusion.

By adhering to this Drug & Alcohol Policy, you contribute to the positive, supportive, and respectful environment that makes XLFC Weight-loss Football a great place to achieve your fitness goals through a shared love of “the beautiful game”. Thank you for your commitment and cooperation to maintaining the success and integrity of our clubs. We look forward to seeing you on the pitch soon!

**Contact Information:** For further information or to report a concern, please contact XLFC directly via email: [info@xlfc.uk](mailto:info@xlfc.uk)

Sincerely,



**Chris Broadhurst**

**Chief Executive Officer - XLFC Weight-loss Football [XLFC Ltd.]**

**Approved by the XLFC Ltd. Board of Directors: 01.06.2024**



**#PLAYYOURWAY**

**WWW.XLFCG.UK**

