



HEALTHY SPORTS CLUB PLEDGE

WE VALUE THE HEALTH AND WELLBEING OF OUR MEMBERS AND ARE COMMITTED TO PROVIDING A HEALTHY ENVIRONMENT FOR THEM TO PERFORM AT THEIR BEST.



1. PROVIDING HEALTHY FOOD AND DRINK

We will always have drinking water available and will offer healthy food and drinks options at our club facilities.



2. PROMOTING HEALTHY FOOD & DRINK - GOOD THE CLUB

We will:

provide water as the drink of choice during and after sport.


- * promote water as the drink of choice during and after sport.
- * encourage members to consume healthy food and drinks.
- * limit the display of unhealthy food and drink options at club facilities.
- * display information about healthy eating and drinking.



3. HEALTHY CLUB CULTURE

We will encourage and support all club personnel to promote healthy eating and drinking before, during and after sport.

SIGNED:


President

DATE: 1 September 2022