

Healthy Club Policy

Position Statement

Peak Trampoline understands and recognises the importance of a healthy lifestyle, good nutrition and the role it plays in the maintenance of good health and well-being. The organisation also recognises that by educating our members into healthy exercise and food choices that this will impact positively on the general health and wellbeing of our community.

Peak Trampoline will consistently promote our vision statement:

To create a positive, healthy, life enhancing sporting experience.

- Peak Trampoline will increase the range and availability of fruit and drink options available at events and at the premises on a regular basis.
- Food and beverage vouchers and giveaways will only be given for healthy options; and
- The organisation will only support fundraising activities involving food or drink items that meet the organisation's food and catering policy guidelines.
- Peak Trampoline will provide a water fountain for use by athletes and parents.
- Peak Trampoline will notify the community that Peak is a nut free zone. Posters will be displayed around the Gym to notify all users.

Functions and activities

- Where food is available, healthy alternatives will be offered and promoted. This includes the provision of foods low in fat, sugar and salt and foods that are high in fibre with a substantial fruit and vegetable content;
- Where drinks are available, healthier alternatives will be readily offered. This includes drinks with low/no sugar content; and Water will always be provided free of charge.

Food outlets

- Healthy food and drink options will be promoted at point of sale at Lords Cafe within the organisation's control;
- Peak Trampoline will reduce unhealthy food and drink options in food outlets under its control;
- Healthy food and beverage alternatives will be competitively priced in relation to less healthy alternatives;
- Appropriate training will be available for paid staff and volunteers e.g. Food Safe Food Handling Program;
- Where food vendors are required, the organisation will source vendors that provide healthier food and drink alternatives;
- Where food and drinks are provided 'on site' by providers contracted by Peak Trampoline Compliance with the policy will be a condition of any new food supply or catering contract and related leases;
- Compliance with the policy will be included in any contracts or related leases renegotiated or renewed; and existing contractors should be informed of the new policy and encouraged to comply.