



Healthy Snack Policy

Introduction:

South Simcoe United FC is committed to taking all reasonable steps to promote and mentor healthy eating habits and balanced lifestyles to our members. We are committed to helping improve the well-being of our Members and Community. Children need a supportive environment, both at home and in the Community. Community sports provide adults with the opportunity to role model healthy eating.

Scope of Policy;

We are encouraging our Coaching staff and Parents to pack healthy snacks for team practices, games and tournaments. Please take the time to consider appropriate half-time snacks and pre and post-game meals and treats. Whether the game is at home or away, at the competitive or recreational level, this policy will be in effect. This will allow our players to nourish their bodies appropriately and limit ingredients that will impede performance.

Tobacco-Free Policy

Introduction:

South Simcoe United FC recognizes that tobacco products have no place in or alongside the healthy, safe activities that sports and recreation programs provide. Tobacco-free sports programs create safe and healthy environments for our youth by:

- Preventing youth from starting to use tobacco industry products
- Giving everyone a chance to perform at their best
- Protecting people from second-hand smoke
- Helping people trying to quit

Tobacco-Free sports and recreation means that everyone taking part in an organized sport refrains from using all forms of tobacco products including cigarettes, chew, and other smokeless tobacco.

Scope of Policy:

South Simcoe United FC recognizes that we have a responsibility to Members, their families, Club Staff and Visitors to provide a safe and healthy environment. Exposure to second hand smoke is harmful. This policy applies to every person at a South Simcoe United FC event; including staff, officials, players, coaches, volunteers and visitors. Locations designated as Tobacco-Free include – but are not limited to – the following:

- Playing Fields
- Bathrooms and Change Rooms
- Club Office
- Club Functions
- Outdoor walkways used by people to access and exit the venue properties

SSU FC Board, Executive, Office Staff, Coaching Staff and Volunteers will enforce this policy. Any person smoking will be politely asked to stop and be reminded about the Club Tobacco-Free policy. If the activity continues, a second verbal warning will be issued. If this warning is ignored, further disciplinary action will be taken.

Revision Date: January 2013

South Simcoe United FC, 39 Victoria Street East, Alliston ON L9R 1T3

www.southsimcoeunited.ca