



Harlies Hockey Club

Healthy Sporting Club Policy

Harlies Hockey Club recognises and values the importance of creating a healthier environment for everyone who attends our venue. This policy sets out the aims and principles of the food and drinks provided within our sporting club and ensures the club aligns with best practice alcohol service and smoke-free environments.

Healthy Food and Drink Policy

Harlies Hockey Club is committed to providing healthier food and drinks that align to the Australian Dietary Guidelines and the Australian Guide to Healthy Eating, which establish the basis for a healthy eating approach. A key message of the guidelines is to enjoy a wide variety of nutritious foods every day.

Limiting the availability of confectionery, deep fried foods, sugary drinks and take-away foods is a key component of our healthy food and drink policy. Excess consumption of these items can be harmful and displace more nutritious food and drinks.

Our sporting club is well placed to promote the importance of healthy eating, and guide the development of healthy eating patterns and behaviours of participants and spectators. Our food service can reinforce the healthy messages promoted by our venue. Harlies Hockey Club will ensure a variety of healthier food and drinks are available at all times.

Standards for food and drinks

Harlies Hockey Club will:

- ensure healthy food and drink options are available should catering be provided at activities or events
- not use unhealthy food/drink (or vouchers for same) as prizes or awards
- ensure that the only food and drink advertising that is displayed supports our healthy eating policy
- ensure free drinking water is available at activities or events

The Harlies Hockey Club canteen will:

- plan a menu using the Fuel to Go & Play traffic light system to rate food and drinks as green, amber or red based on their nutritional value
- ensure that healthy food and drinks (e.g. green options) are promoted and displayed more prominently than other foods (e.g. red options)
- ensure that healthy choices are priced competitively.



**Fill the
menu**

**Select
carefully**

**Limit or
remove**

Food safety and hygiene

Harlies Hockey Club will comply with the Food Act 2008 (WA) and the Food Regulations 2009, including:

- Our club will seek appropriate registration with the local council as a food business
- As required our club will notify the local council prior to conducting a charitable or community event involving food

Harlies Hockey Club understands we have a responsibility to ensure the food and drink we provide and sell is safe. To reduce the risk of serving unsafe food, the following is required:

- Individuals who regularly prepare and serve food and drinks at our club canteen and BBQ are encouraged to have food safety training.
- Food safety information is displayed in the canteen.
- All canteen volunteers are required to read the displayed food safety information before assisting in the kitchen and service areas.
- Paid staff and volunteers are required to wear protective clothing such as hats, aprons and hairnets when appropriate which will be provided by the club
- Food and drinks are to be kept and stored at the correct temperature.
- Hands should be thoroughly washed before handling food or drinks and after any activity likely to contaminate the hands.
- All paid staff and volunteers are required to prepare, cook, transport and serve food in such a way as to retain nutrients and to minimise bacterial contamination and growth.
- Canteen and BBQ surfaces and equipment are to be thoroughly cleaned and sanitised after use and rubbish bins regularly emptied.
- Do not handle or prepare food or drinks if you are sick.

Occupational health and safety

- Harlies Hockey Club will comply with the *Occupational Safety and Health Act 1984* and *Occupational Safety and Health Regulations 1996*.
- All staff and volunteers to be made aware of evacuation procedures in case of fire or other emergency
- Only food service staff and volunteers assisting in the kitchen and service areas may enter these areas while food preparation and service is occurring
- Children (e.g. children of staff or volunteers) are not permitted in the food service area while food preparation and service is occurring.

Allergy and anaphylaxis management

All paid and volunteer staff need to be aware of the risks food allergy poses. It is important to:

- know how to identify and manage food allergy
- understand the law with regards to food allergy and food service provision
- know what is in your food so that you can provide accurate information about foods a customer is allergic to
- know how to respond to enquiries from customers with food allergy.

Harlies Hockey Club will encourage staff and volunteers to complete *All about Allergens* online training available free at <https://foodallergytraining.org.au>

Healthway's Minimum Healthy Policy Requirements

For all events and activities, the following minimum requirements must be implemented by the sporting club, as a condition of Healthway's partnership.

1. Provide and maintain smoke-free indoor and outdoor areas.
2. Provide healthy food and drink options including free drinking water.
3. Provide adequate sunshade.
4. Do not use unhealthy food and drink as prizes or run competitions that promote the sale of unhealthy food and drink, including lollies, chocolate and soft drink.
5. Provide safe warm-up practices for physical activity.
6. Should alcohol be available, serve in standard size drink portions and provide low strength options and non-alcoholic options.
7. Do not use alcohol or unhealthy food and drink as prizes or awards or run promotions that encourage rapid consumption or glamorise being drunk.

Distribution of the Healthy Sporting Club Policy

- A current copy of the Healthy Sporting Club Policy will be on permanent display in the Harlies Hockey Club club room.
- A signed and dated copy of the Healthy Sporting Club Policy will be available to members to download from the Harlies website and will be distributed to all Harlies Hockey Club staff and committee members upon induction.

Renewal of the Policy

This Healthy Sporting Club Policy will be reviewed annually.

Endorsement


We the undersigned, hereby certify that this Policy was adopted by the Harlies Hockey Club.

26 October 2020

Signature: 

Name: Peter Harris

Club President

Signature: 

Name: Lilian Salupalu

Secretary