



Northern Districts Gymnastic Club Inc

1 / 5 Whipple St, Balcatta, WA
PO Box 797 Balcatta 6914
Ph: 08 9240686, Fx: 08 92406863
Email: info@ndgc.org.au
Web Site: www.ndgc.org.au

OCCUPATIONAL HEALTH & SAFETY

Policy Title:	HEALTHY EATING POLICY
Policy Number:	POLOSH 02
Date of issue:	6th September 2011
Controlling Body	NDGC Board of Management

1.0 STATEMENT OF COMMITMENT

Northern Districts Gymnastic Club Inc (NDGC) recognises the importance of good nutrition for sports performance. NDGC acknowledges that healthy eating has an impact on our health and the provision of healthy foods will contribute to better health for all.

Healthy eating is a vital part of good health; lifestyle diseases such as heart disease, stroke, certain cancers, non-insulin dependent diabetes and obesity are major causes of death in Australia and are all associated with the food we eat. NDGC has a key role in the promotion of healthy lifestyles and practices and should be a public example of a healthy and progressive organisation. NDGC recognises that health eating plays a critical role in the physical and mental development of children and in the performance abilities of children and adults. NDGC needs to be a leader in promoting healthy lifestyles as it has contact with many young members whilst they are forming their dietary habits.

2.0 DEFINITION / POLICY COVERAGE

- 3.1 **Member** – refers to employees, staff, administrators, volunteers, coaches, judges, athletes and officials
- 3.2 **Visitor** – refers to competing gymnast from other clubs, spectators and contractors
- 3.3 **Healthy eating** – refers to eating appropriate portions of a variety of foods within the five food groups and avoiding foods that contain too much added fat, salt and sugar.

3.0 POLICY APPLICATION

This policy applies to all NDGC training, meetings, functions and events. It is inclusive to all members taking part in NDGC activities.

Healthy Eating Policy
Date of first issue: 2005

Responsible Officer: Operations Manager, NDGC
Date of last review: Sept 2011

Page 1 of 4
Date of next review: 2012

Prepared By: _____

Date: _____

Approved By: _____

Date: _____



Northern Districts Gymnastic Club Inc

1 / 5 Whipple St, Balcatta, WA
PO Box 797 Balcatta 6914
Ph: 08 92406866, Fx: 08 92406863
Email: info@ndgc.org.au
Web Site: www.ndgc.org.au

4.0 REQUIREMENTS AND RESPONSIBILITIES

NDGC will implement and continue the following modes of communication to ensure ongoing awareness of the Healthy Eating Policy:

- 4.1 All members will be informed of the Healthy Eating Policy and provided with information in the club membership pack. It will provide information about the policy and rationale. It will also provide information about contacts for further information regarding this policy
- 4.2 All NDGC employees, volunteers and Board Members will be inducted on the Healthy Eating Policy and given a copy of the policy in their handbook
- 4.3 Every effort by NDGC will be made to provide relevant up to date information from National and State bodies on healthy eating

The following is the directive of the NDGC Healthy Eating Policy. NDGC will promote healthy eating by adhering to the following guidelines:

- 4.4 The Australian Guide to Healthy Eating:
A diet consistent with the Australian Guide to Healthy Eating recommends people consume a variety of foods across and within the five food groups and avoid foods that contain too much added fat, salt and sugar. The guide aims to promote healthy eating habits throughout life, which will assist in reducing the risk of health problems in later life; such as heart disease, obesity and Type 2 Diabetes. The guide aims to encourage the consumption of a variety of foods from each of the five food groups every day in proportions that are consistent with the Dietary Guidelines for Australians.

NDGC can play an important role in ensuring children eat well and stay active.

Further information can be found at
www.healthyactive.gov.au/internet/healthyactive/publishing.nsf/Content/eating

- 4.5 NDGC Caterers:

NDGC will endeavour to follow or ensure that caterers follow these requirements:

- 4.5.1 NDGC will give preference to food companies / caterers that provide healthy alternatives, e.g. products registered under the Star Choice Food Registration Program or Heart Foundations' Tick Program



Northern Districts Gymnastic Club Inc

1 / 5 Whipple St, Balcatta, WA
PO Box 797 Balcatta 6914
Ph: 08 9240686, Fx: 08 92406863
Email: info@ndgc.org.au
Web Site: www.ndgc.org.au

- 4.5.2 All paid staff and volunteers who provide catering on behalf of NDGC will receive food handler training commensurate with the level of activity performed, in accordance with the national Food Safety Standards
- 4.5.3 Caterers used for events must be able to provide a variety of healthy food choices
- 4.5.4 Promotion of the enjoyment of healthy eating and the role of food in relation to health; via newsletters, announcements and other appropriate vehicles
- 4.5.5 Promotion of healthy food choices at events
- 4.5.6 Healthy food choices will be displayed more prominently than other foods
- 4.5.7 Healthy food choices will be priced more competitively
- 4.5.8 Foods provided by NDGC will include those reduced in fat, sodium and sugar, be high in fibre and include a substantial amount of core foods, including fruit and vegetables

Further information can be found at

www.waschoolcanteens.org.au/pages/starchoice/01-starchoice.htm and
www.heartfoundation.org.au/sites/tick/Health_Professionals/Pages/TickCriteria.aspx

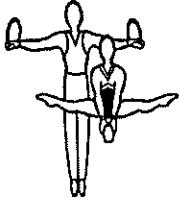
5.0 POLICY BREACHES AND CONSEQUENCES

NDGC has a Complaints and Management Procedure and will deal with any complaints about breaches of this Policy promptly, seriously, sensitively and confidentially. NDGC recognises that natural justice is the minimum standard of fairness to be applied in the investigation and adjudication of a complaint.

5.1 Disciplinary action will be taken by NDGC against anyone who:

- Is found to be in breach of this policy
- Victimises or retaliates against a person who has complained of a breach of this policy
- Is found to have made a frivolous complaint

5.2 The discipline will depend on the severity of the case and may involve an apology, counselling, suspension, dismissal or other form of action



Northern Districts Gymnastic Club Inc

1 / 5 Whipple St, Balcatta, WA
PO Box 797 Balcatta 6914
Ph: 08 9240686, Fx: 08 92406863
Email: info@ndgc.org.au
Web Site: www.ndgc.org.au

6.0 CONFIDENTIALITY AND REPORTING

Northern Districts Gymnastics Club Inc administration is responsible for implementing this Policy will keep confidential the names and details relating to complaints, unless disclosure is:

- Necessary as part of the disciplinary or corrective process; or
- Required by law.

7.0 RELATED POLICIES, PROCEDURES & FORMS

- Health and Safety Policy
- Complaints and Grievance Procedure

8.0 POLICY IS REQUIRED TO BE PUBLISHED IN

- Website
- Staff and Board Handbook
- Membership package

Healthy Eating Policy
Date of first issue: 2005

Responsible Officer: Operations Manager, NDGC
Date of last review: Sept 2011

Page 4 of 4
Date of next review: 2012

Prepared By: _____

Date: _____

Approved By: _____

Date: _____