



DUNEDIN GYMNASTIC ACADEMY

DGA Healthy Lifestyle Guidelines

Rationale

Dunedin Gymnastic Academy (DGA) recognises that healthy habits play a critical role in the physical and mental development of children and in the performance abilities of gymnasts. DGA aims to promote and lay the foundations of a healthy and active lifestyle for gymnasts and their families.

Goals

- To encourage gymnasts to develop healthy lifestyle habits
- To educate gymnasts and families about nutrition
- To develop understanding between healthy food and healthy bodies
- To be aware of food allergies amongst gymnasts
- To minimise extent and spread of illness and infection
- To promote environmental awareness

Strategies

- DGA is a smoke free environment. This applies to all facilities including buildings and outdoor areas within DGA boundaries.
- DGA has organized regular cleaning of the Vogel Street and Otaki Street venues
- Hand washing – regular handwashing is encouraged before and after eating and using the toilet. Soap and papertowels are available at all sites.
- Sick gymnasts and staff are asked to stay away from gym to prevent the spread of infections and illness. Guidelines:
 - At least 48 hours after the last episode of vomiting or diarrhoea
 - At least 48 hours after starting a course of antibiotics for an infectious illness
- Medical certificates may be requested to assist in the safe return to sport after illness
- Education is available about healthy food choices for pre/post training and snacks



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- Healthy food choices will be available at all events where food is available
- Healthy food choices will be displayed and priced at least as competitively as other foods.
- The Club will consider these guidelines when making decisions about fundraising initiatives and awards, aiming to promote healthy eating and a balanced lifestyle.
- Recycling bins are available at venues to promote environmental awareness
- Gymnasts are asked to bring a named drink bottle containing water only - other drinks can cause cleaning issues if spilt. Fresh drinking water will be available at all venues.
- Gymnasts are asked to disclose any food allergies on enrolment forms