**Generic Sports Club (add logo)**

**Water- only policy**

**Rationale**

*We care about the health of our players and their whanau*

Sugary drinks are one of the most significant causes of poor oral health and contribute greatly to childhood obesity and type 2 diabetes. Water is the only source of hydration needed for trainings and games. We aim to create a sporting environment that promotes water- to enhance health and to empower players and supporters to make nutritious drink choices for a lifetime.

**Goals**

*We will ensure our players and whānau receive clear consistent messages about the importance of water*

* To give players and supporters knowledge about the best drink for sport- water
* To ensure healthy nutrition messages are promoted including eating appropriately before games
* To create an environment where water is the only drink available for the (name of club) grounds, players and supporters
* To actively promote water as the best drink to players and their whānau

**Strategies**

*We will create an environment which encourages water only*

* Encourage all players, supporters, coaches and managers to bring refillable drink bottles to every game, and training
* Provide appropriate access to water for bottles to be refilled
* Ensure no sugar sweetened beverage, or other beverage is consumed, or can be purchased at the grounds and club rooms for trainings and games (this includes Powerade, sports drinks, energy drinks, E2, juice, flavoured milk, coke, and lemonade)
* Children are encouraged to drink water during trainings and games
* Any sponsorship provided will align with this policy
* Ensure all fundraising activities align with this policy