



POL1200: Food requirements

Version: 1.0

Date: May 2017

Next review: May 2018

Summary

Food allergies and intolerances are part of everyday life for many of our athletes. SA Country values that our athletes are unique individuals and aims to cater for these needs with great care.

It is also imperative that athletes are able to assist in their own care and work with their Team Manager on meeting their dietary needs.

Detail – understanding the athletes

Prior to any event athletes must complete the Athlete Food Guide and return it to their Team Manager with sufficient time for the Team Manager to understand it and plan for the event.

This Guide will ensure that allergies, intolerances, likes and dislikes are understood prior to an event and assist the Team Manager in meeting the needs of their team.

We encourage families to speak with Team Managers in the lead up to events if they feel this will assist in preparations.

See attachment 1 to this policy.

Detail – allergies and intolerances

At all times Team Managers will endeavour to ensure that athletes with allergies and intolerances are presented with meal options that meet their dietary requirements.

At all times athletes, in conjunction with their Team Manager, will endeavour to ensure that they have a backup plan for their next meal should planned arrangements not eventuate. This will act as a safeguard for the athlete to ensure they eat each meal as required.

Some allergies and intolerances require food that is more expensive than what is budgeted for at an event – in this instance we encourage families to provide appropriate food or additional funds to cater for this.

Detail – likes and dislikes

Through the checklist and pre-event planning we will endeavour to meet the tastes of our athletes.

We will encourage athletes to open themselves to new tastes and experiences when faced with an environment that is outside of their expectations. We encourage families to assist with this through their support of SA Country endeavours.

Attachment 1 – Athlete Food Guide

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ATHLETE FOOD GUIDE

Dear Athlete,

To assist your team manager to cater for the team with individuals considered, please fill out the information below about your dietary needs to ensure you are eating foods you like and are adequately prepared for the week long rigors of a National Championships. The State Team Staff is not here to change your diets but will insist on 10 days of healthy eating. If you have concerns please raise them with your Team Manager before leaving for the tournament.

Please note any special foods may incur extra cost to the athlete, for more information please speak to your team manager.

Your name: _____

Food Allergies	
Strong Dislikes	
Preferred Cereal	
Preferred Bread/Rolls White/Wholemeal/Multigrain	
Preferred Fillings for sandwich/rolls: Chicken/ Ham / Fritz etc	
Preferred Pre-game Snack	
Snack Foods Liked Generally	
Preferred Recovery Snack post game	
Fruits Preferred *Mention if not fruit eater	
Favorite Dinner	

Please state your preference for the following foods	YES	NO	Please state your preference for the following foods	YES	NO
Spaghetti Bolognese			Ice-cream		
Lasagne			Jelly		
Pasta Bake			Chocolate Mousse		
Tuna Mornay			Fruit Salad		
Butter Chicken & Rice			Yoghurt		
Thai Green Chicken Curry			Powerade		
Fish			Sustagen		
Hamburgers			Up 'n' Go		
Schnitzels – Beef or Chicken			Vegetarian?		

BBQ – List meat preference:

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