

CAWA Healthy Eating Policy

Introduction

The Calisthenics Association of WA (CAWA) is committed to high standards of ethical conduct and accordingly places great importance on making clear organisational policies.

CAWA, through its funding partners, is committed to promoting healthy eating and hydration of its members whilst undertaking all aspects of our sport, and extends this messaging to spectators and venue hirers.

Purpose

This Policy reinforces CAWA's commitment to the promotion of good nutrition.

More broadly, the objectives of this Policy:

- Provide clarity on how CAWA's and our funding partners' values are demonstrated in the day-to-day activities of the CAWA community, including Venues and Participants.
- Promote a culture of fair and ethical behaviour and helps to ensure that the CAWA community, including Venues and Participants meet their obligations under relevant legislation and regulation.
- Foster and protect the reputation of CAWA, its officers, clubs, members and participants.

Policy Scope

This Policy applies to all:

- CAWA Officers, Affiliated Organisations, Clubs, Members, Adjudicators, Coaches, Performers, Chaperones, Life Members, Volunteers and all other persons bound by CAWA's Constitution, By-Laws and Policies (herein referred to as "**Participants**") throughout this Policy); and
- CAWA offices, Swan Park Theatre, practice venues, performance venues, team travel locations, workshops, functions, events, transit locations (for example airports) and similar premises (herein referred to as "**Venues**") throughout this Policy).

This Policy applies to any situation which could be identified with or reflect on CAWA, Participants and Venues, including out-of-hours activities such as training, competitions, social functions, conferences or when wearing a CAWA uniform or identification badge.

This Policy does not replace, but supports, relevant legislation, regulation, and wider industry policies.

Policy Statement

In accordance with information provided by the Australian Government's National Health and Medical Research Council and the Government of Western Australia's Healthway program (including Crunch & Sip® and Fuel to Go & Play® messages), CAWA recognises that:

- A healthy diet improves quality of life and wellbeing and protects against chronic diseases. For infants and children, good nutrition is essential for normal growth.
- Many of the health problems due to poor diet in Australia stem from excessive intake of foods that are high in energy, saturated fat, added sugars and/or added salt but relatively low in nutrients. These include fried and fatty take-away foods, baked products like pastries, cakes and biscuits, savoury snacks like chips, and sugar-sweetened drinks. If these foods are consumed regularly, they can increase the risk of excessive weight gain and other diet-related conditions and diseases.
- Many diet-related health problems in Australia are also associated with inadequate intake of nutrient-dense foods, including vegetables, legumes/beans, fruit and wholegrain cereals. A wide variety of these nutritious foods should be consumed every day to promote health and wellbeing and help protect against chronic disease.

CAWA is committed to promoting a healthy environment for all those associated with the sport of Calisthenics.

Participants can seek information about the types and amounts of foods, food groups and dietary patterns in the Australian Dietary Guideline (Guidelines) or via Healthway programs delivered through CAWA.

The Guidelines and Healthway programs such as **Fuel to Go & Play** and **Crunch & Sip** have information that aims to:

- promote health and wellbeing;
- reduce the risk of diet-related conditions, such as high cholesterol, high blood pressure and obesity; and
- reduce the risk of chronic diseases such as type 2 diabetes, cardiovascular disease and some types of cancers.

CAWA, as the operator of Swan Park Theatre, recognises that they have a role to play in the provision of healthy food choices. As such, CAWA is committed to providing healthy food options within the Theatre Canteen and works with Healthway on promotion of healthy food choices and options. This includes:

- Ensuring that healthy food choices are available at all competitions, functions, meetings and activities where food is provided at Swan Park Theatre.
- The promotion of the enjoyment of healthy eating and the role of food in relation to health.
- The promotion of healthy food choices at all events/activities where food is provided.
- That healthy food choices will be displayed more prominently than other foods.

Healthy food choices emphasise fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Includes a variety of fresh fruit, protein foods such as seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, nuts, and seeds. Healthy options are low in saturated fats, trans fats, cholesterol, salt (sodium), and have no added sugar.

Unhealthy options include deep-fried foods, pastries, cakes, lollies, chips and sugary drinks.

Definitions and Interpretations

Reference term	Definition and Interpretation
Adjudicator	Means an adjudicator registered and approved by the Australian Society of Calisthenics Adjudicators (ASCA).
Affiliated Organisations	Means the Australian Society of Calisthenic Adjudicators Incorporated (ASCA), and Clubs affiliated with CAWA and/or ACF who may also conduct the running of a competition or calisthenics event.
Australian Calisthenic Federation (ACF)	Australian Calisthenic Federation is the recognised National Sporting Organisation for the Sport of Calisthenics, to which CAWA is an affiliated SSO.
Calisthenics Association of WA (CAWA)	Calisthenics Association of WA is the recognised Western Australian State Sporting Organisation (SSO) for the Sport of Calisthenics.
CAWA Officers (Officers)	Includes: • The Board, Committees, Delegates, Officials and anyone holding governance position (paid and volunteer). • The staff of CAWA, including casual employees, volunteers, contractors, and personnel involved with CAWA. • Those employed by CAWA's subsidiaries in any capacity. • Contractors, where relevant.
Club	Means a group on individuals who have joined together to affiliate with CAWA for the purposes of instructing calisthenics to Performers.
Competition	Reference to Competition includes time in transit, venue facilities and accommodation.
Conflict of interest	Means any personal or professional interest, which could prejudicially influence, or be perceived to influence, a person in the performance of his or her public or professional duties. The Conflict of Interest may be of benefit or detriment to an entity, an individual, the individual's spouse and/or their children or family members, through a decision or access to information. The benefit may be financial or non-financial.
Ethics	The guiding values, principles and standards that enable people to determine how things should be done and how they should act. Ethics refers to the judgements that people make and the process that determines those judgements. It

Reference term	Definition and Interpretation
	is the process by which people make value-based decisions which ultimately guides their actions and behaviours.
Member	Has the same meaning as in the CAWA Constitution.
Participants	Includes CAWA Officers, Affiliated Organisations, Clubs, Adjudicators, Coaches, Performers, Chaperones, Life Members, Volunteers, Stakeholders and all other persons bound by CAWA's Constitution, By-Laws and Policies
Policy	Healthy Eating Policy
Coach	Means a member of Calisthenics Coaches WA who has completed, or is in the process of completing, ACF coach accreditation.
Performer	Means a person who is a member of an affiliated Club and is registered for the purposes of competitive or recreational calisthenics. Also known as athletes.
Venues	CAWA office, Swan Park Theatre, competition venues, training venues, performance venues, team travel locations, workshops, functions, events, transit locations (for example airports) and similar premises.

Monitoring, Review and Evaluation

The Board, through its Governance Committee, is responsible for monitoring, evaluating and reviewing this Policy, as required, from time to time in accordance with changing CAWA needs and legislative requirements.

Related Documents

ACF Anti-Doping Policy

Attachments

Nil