

LANGUAGE FOR EMPLOYEE HANDBOOK

In order to continue our commitments to healthy living and youth development, the [insert YMCA Association/branch] abides by a Healthy Sports Snack Practice/Policy with regards to all youth sports teams and events. The Practice/Policy states [choose: that any team sports snacks provided at a youth sports game or event must be a fruit or vegetable and water only OR no team sports snacks of any kind are to be provided at youth sports games and events.] Staff members model the YMCA's healthy eating standards for athletics by consuming fruits, vegetables, and water during sports snack times. Both physical [body language, active role modeling, etc.] and verbal [spoken instructions, word of encouragement, etc.] cues should be used to guide healthy eating and physical activity practices. If you feel you need an accommodation or more information, please speak with your supervisor.

**Take and drop into
your Employee
Handbook and/or
Job Descriptions.**

LANGUAGE FOR JOB DESCRIPTION

FOR SPORTS DIRECTORS

- To uphold the YMCA's commitments to healthy living and youth development, Sports Directors will oversee the implementation and communication of a Healthy Sports Snack Practice/Policy to create athletic environments where healthy eating is encouraged.

FOR VOLUNTEER COACHES

- To uphold the YMCA's commitments to healthy living and youth development, volunteer youth sports coaches will join the Sports Director in creating athletic environments where healthy eating is encouraged and will abide by the Healthy Sports Snack Practice/Policy.

