



FUEL TO GO & PLAY™

# KICKSTARTER CLUBS

## CLUB PLEDGE

**WE ARE COMMITTED TO PROVIDING AND PROMOTING HEALTHY FOOD AND DRINK TO PARTICIPANTS AND PATRONS DURING AND AFTER SWIMMING.**



### 1. PROVIDING HEALTHY FOOD AND DRINK

We will have free drinking water available at all times and will aim to have healthy food and drinks available before, during and after swimming.



### 2. PROMOTING HEALTHY FOOD AND DRINK

We will aim to promote water as the drink of choice during and after swimming; promote healthy food and drink options; limit the display of unhealthy options at club facilities; and display and/or distribute information about healthy eating and drinking.



### 3. HEALTHY CLUB CULTURE

We will aim to encourage and support all club personnel to actively discourage lollies and sports drinks and instead promote healthy eating and drinking before, during and after swimming.

CLUB: Armadale Kelmscott Swimming Club

DATE: 24/4/24 *Blackwell*  
President

