



THOMPSON OKANAGAN FOOTBALL CLUB

Policy addressing player needs for nutrition and hydration while travelling on the bus

Players will be allowed to bring snacks (nut free) on the buses but these must be nutritious in nature such as :

- **Fresh Fruit**
- **Vegetables**
- **Granola bars (nut free), fruit source bars, etc.**
- **Juice and water**

Things such as pop, chips and chocolate bars will not be allowed on any trip.

Parents are asked to ensure their sons and daughters have healthy choices available to them to pack.

It is the responsibility of the coaches and managers that the buses remain clean at all times. If the club incurs any cost in cleaning the buses those costs will be charged TO ALL THE TEAMS that were on that particular bus.

Remember that we often have players with food allergies. It is the responsibility of the coaches and the team managers to communicate your individual team needs to the other teams you travel with if you have a player with specific requirements. It is also the responsibility of the coaches and managers to monitor what snacks are on the buses, especially if you are traveling with one of these players.