
Junk Food Policy on Chaperone Trips

Our policy regarding food on trips is that we operate them as a 'junk food' free trip. This means we ask all divers to pack themselves a healthy balanced lunch with plenty snacks. We are asking for them not to include any large bags of sweets, fizzy sugary/caffeinated drinks or multipacks of crisps (sharing size etc). This is to try and ensure we get the best out of your diver in training and at the competition.

Divers are also not allowed to purchase this type of food whilst away for the duration of the trip either. Unless permission is given by the chaperones who have 'locus parentis' of the divers while they are part of the chaperoned trip.

In the instance of fundraising bake sales, it is at the lead coaches discretion if the divers are allowed to purchase these.

This is to try and crack down on the sugar rush and then the inevitable crash that many younger diver's experience after a very inactive bus journey and a long day at the pool.