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Toronto, ON
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THPFC Healthy Lifestyle Policy

Applies To: *All Toronto High Park FC (THPFC) players, parents/guardians, coaches, assistant coaches, team officials, volunteers, employees, contractors, spectators, and members participating in Club-sanctioned activities. This policy governs healthy lifestyle expectations, nutrition practices, tobacco use, vaping, alcohol consumption, anti-doping standards, and the use of non-medically prescribed drugs within all THPFC environments and activities. This policy also applies to all facilities, venues, and properties leased, permitted, or used by THPFC for Club operations and programming.*

Toronto High Park FC – Healthy Lifestyle Policy

General

As a youth oriented, community based sports club, Toronto High Park FC supports a healthy and active lifestyle for all members and their extended families. While physical activity within the context of team play is a central tenet of the Club's mission, the importance of consuming healthy foods and the careful and in some instances the restricted use of substances is a key component of a healthy lifestyle. The Club, through encouragement, example and general Club communication, espouses the principles of a healthy lifestyle via these policies.

Healthy Snacks

Toronto High Park FC believes that promotion and modeling of healthy eating habits and balanced lifestyles to members of our Club can play a crucial part raising the awareness of a healthy lifestyle within our community's youth. Whereas the consumption of snacks and liquid refreshments is an important team societal event, the Club will promote the exclusive consumption of healthy food items at Toronto High Park FC games, practices, tournaments etc.

Anti - Tobacco

In recognition of the significant health risks posed by tobacco and tobacco products, THPFC promotes and encourages a tobacco free lifestyle for all players, team officials

and spectators. All club premises, games, practices, activities, tournaments, competitions, sponsored events, and other performances sanctioned by our organization shall be tobacco-free.

Tobacco free means no smoking, snuffing, vaping, dipping or chewing tobacco by players/participants, coaches/leaders,parents, spectators and officials. No tobacco product nor derived product shall be consumed at a facility leased or permitted by THPFC.

Anti Doping Policy

The Club believes in the principles of fair play, inclusiveness and fairness to all within an umbrella of fun-filled and competitive based sports activities.The use of performance improving substances to gain a competitive advantage over fellow athletes are counter to those principles.

The Club prohibits the use of performance enhancing substances in any form. Any members reported to have used or facilitated the use of performance enhancing substances either for themselves or others will be suspended and reports will be filed with the OSA and the Canadian Centre for Ethics in Sports.

Alcohol Free Policy

In recognition of the health and lifestyle risks posed by alcohol products, THPFC promotes and encourages an alcohol free environment for all players, team officials and spectators.

- All club games, practices, activities, tournaments, competitions, sponsored events, and other performances sanctioned by our organization shall be alcohol-free.
- No alcohol products shall be consumed at a facility permitted by THPFC.
- Under no circumstances shall a player or team official participate in a THPFC game and/or practice session while under the influence of alcohol.
- The Referee may eject from a match, any player, team official or spectator they feel may be under the influence of alcohol.

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Approved By: THPFC Board of Directors

Non-Medically Prescribed Drug Free Policy

In recognition of the health and at times dangerous lifestyle risks posed by various forms of non-medically prescribed drugs, THPFC promotes and encourages a drug free environment for all players, club and team officials, employees and spectators.

- Non-medically prescribed drugs are defined as either cannabinoids, opioids, stimulants, club drugs, dissociated drugs, hallucinogens or other like compounds.
- All club games, practices, activities, tournaments, competitions, sponsored events, and other performances sanctioned by our organization shall be drug-free.
- No non-medically prescribed drugs shall be consumed at a facility permitted by THPFC.
- Under no circumstances, shall either players nor team officials participate in a THPFC game and/or practice session while under the influence of non-medically prescribed drugs.
- The Referee may eject from a match, any player, team official or spectator they feel may be under the influence of non-medically prescribed drugs.

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