



## Healthy Lifestyle Policy for Players and Team Personnel

### 1. Purpose

The Healthy Lifestyle Policy at Calgary Rockies FC (CRFC) is designed to promote physical, mental, and emotional well-being among players, coaches, and all team personnel. The aim is to foster a positive, balanced, and healthy lifestyle that supports both on-field and off-field success.

### 2. Scope

This policy applies to all CRFC players, team personnel, and coaches across all age groups.

### 3. Nutrition and Hydration

- **Balanced Diet:** Players are encouraged to maintain a well-balanced diet rich in whole grains, lean proteins, vegetables, and fruits. Junk food and sugary beverages should be consumed in moderation.
- **Hydration:** Adequate hydration must be maintained during training sessions, games, and rest periods. Water and electrolyte solutions should be prioritized, while energy drinks should be avoided.
- **Nutritional Education:** CRFC will provide access to certified nutritionists to offer guidance on meal plans tailored to athletes' needs.

### 4. Physical Activity and Rest

- **Training Regimen:** Players are expected to follow a structured training schedule that focuses on developing soccer-specific skills, fitness, and strength.
- **Rest and Recovery:** Adequate rest, including sleep and recovery days, is essential to prevent burnout and injury. Players must prioritize at least 8 hours of sleep per night and include rest days as per the team's schedule.
- **Injury Prevention and Management:** Players and personnel should engage in warm-up routines, strength training, and flexibility exercises to reduce the risk of injury. Any injury must be reported immediately, and appropriate medical treatment must be sought.

### 5. Mental Health and Emotional Well-being

- **Mental Health Support:** CRFC will provide access to mental health resources such as counselors or sports psychologists for players and team personnel. Players should feel empowered to seek help for anxiety, stress, or emotional challenges.



- **Work-Life Balance:** Team personnel are encouraged to maintain a healthy work-life balance, limiting unnecessary stress from external pressures. Communication is key, and any issues that affect mental well-being should be discussed with the coaching staff.
- **Team Culture:** The club will foster an environment that promotes positive peer support, encouraging mutual respect, team cohesion, and open dialogue among players and staff.

## 6. Substance Abuse Prevention

- **Prohibition of Harmful Substances:** The use of alcohol, tobacco, recreational drugs, and non-prescribed performance-enhancing substances is strictly prohibited for all players and team personnel. Educational sessions will be provided on the risks associated with substance use.
- **Support for Substance Use Issues:** CRFC offers support programs for players or personnel struggling with substance use, including counseling and referral to specialized services.

## 7. Community Engagement and Social Responsibility

- Players and team personnel are encouraged to engage in community outreach and lead by example, promoting healthy lifestyles and positive behavior within the local community.
- CRFC will organize and participate in initiatives that promote physical activity, well-being, and healthy living within Calgary.

## 8. Reporting and Monitoring

- Any violations of this policy or concerns regarding the health or well-being of players and personnel should be reported to the Health and Wellness Officer (HWO) within CRFC.
- The club will monitor compliance and periodically review the effectiveness of the policy through surveys and feedback from players and staff.

## 9. Periodic Reviews

This policy will be reviewed annually by the CRFC management to ensure it remains effective, relevant, and in line with updated health guidelines.

