



Nutrition Policy

Manchester Academy of Gymnastics recognises that good nutrition is essential for the health, wellbeing and performance of all gymnasts. This Nutrition Policy supports a positive and healthy approach to food and body image, aligned with the welfare and safeguarding standards of **British Gymnastics (BG)**, our governing body.

1. Purpose & Scope

The purpose of this policy is to promote a balanced, safe and evidence-based approach to nutrition within Manchester Academy of Gymnastics (MAOG). It applies to all members, including gymnasts, coaches, parents/guardians and volunteers, across all club activities, trips and competitions.

2. Principles

- Nutrition should support the health, growth, recovery and performance of gymnasts.
- Gymnasts must not be pressured to diet, lose weight or alter body shape for performance reasons.
- Extreme dieting, fasting or restriction are strictly prohibited.
- The club promotes food as fuel for performance, enjoyment and wellbeing.
- Education and communication around food and health must be age-appropriate and positive.

3. Healthy Eating Guidance

- Encourage regular, balanced meals including carbohydrates, protein, fruits, vegetables and healthy fats.
- Gymnasts should eat 1–2 hours before training and refuel within an hour after sessions.
- Snacks such as fruit, yoghurt, nuts, or whole-grain options are recommended pre/post training.
- Sugary snacks, fizzy drinks and energy drinks are discouraged.
- Hydration should be maintained with regular water intake (see Hydration Policy).
- Special dietary requirements (e.g., allergies, intolerances, cultural or ethical diets) must be shared with the club.

4. Roles & Responsibilities

Coaches: encourage healthy habits, avoid discussing weight or body shape, and refer concerns appropriately.

Parents/Guardians: support balanced meals, provide healthy snacks and reinforce positive messages about food.

Gymnasts: follow balanced eating habits, avoid comparing diets with peers and report any health concerns.

Club Welfare Officer: address any issues relating to disordered eating or nutritional wellbeing in line with BG safeguarding procedures.

5. Education & Support

MAOG will provide educational information on nutrition through newsletters, workshops and briefings. Where specialist advice is needed, gymnasts may be referred to a registered dietitian or medical professional. The club will never provide unqualified dietary advice or promote restrictive eating practices.

6. Promoting a Positive Environment

The club encourages an environment where all body types are respected and valued. Comments or behaviours that criticise weight, body shape or eating habits are unacceptable. Social media content should also reflect these standards of respect and inclusion.

7. Review

This policy will be reviewed annually, or sooner if British Gymnastics issues updated guidance or if a welfare concern indicates a need for change.

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