

Nutritional Requirements

INTRODUCTION

The following document is a summary of the nutritional requirements that Organizers can use to develop their menu for the Ski Jumping events.

Service at the Venue - Nutritional Requirements

ATHLETES' VILLAGE

Service need to be provided for athletes and technical staff during training/competition days. Service has to be provided at least from 2 hours before the start of official training/trial round and end approximately 1 hour after the end of training resp. competitions. There should always be enough of everything, avoid running out.

Service for starting time after lunch (dinner planned in hotel)

SNACKS

- Sandwiches
- Bars and chocolate
- Fruit (preferable apple, orange, bananas)
- Breads and crackers
- Cookies, biscuits and cakes
- Yogurt
- Jam and honey
- Milk and muesli

FLUIDS

- Bottled still water must be available
- A choice of fruit and vegetable juices should be offered at every meal.
- Coffee and tea should be available to athletes and officials.

Service to be provided in case of lunch at the venue, in addition to the requested "Service for starting time after lunch".

- Salad buffet
- Pasta dish and another carbohydrate such as rice or potatoes.
- One pasta sauce on the side
- Fruit dish, cookies, puddings etc.

Additional products can be offered in addition to the mentioned list.

WARM UP ROOM AT THE START

- Fruit (preferable apple, orange, bananas)
- Bottled still water must be available
- A choice of fruit juices

EQUIPMENT CONTROL ROOM AT THE EXIT GATE

- Fruit (preferable apple, orange, bananas)
- Bottled still water must be available
- A choice of fruit juices
- Bars and chocolate

ATHLETES' CATERING AREAS IN THE VENUE

The areas (Athletes' Village and Warm up room) should provide a warm and hospitable environment. For the athletes this is a place for relaxation before/after the jump.

Athletes' Village Catering Area should be organized in a way that the area should include a TV-monitor connected with the TV signal, comfortable chairs and table, and have a size able to accommodate enough tables avoiding a too crowded situation. Size of the area should be at least 50 m². Heating system and WIFI connection should be provided.

Access should be restricted to athletes, team officials, service company members and FIS staff.

Location is preferable inside the team area, at a walking distance by the team cabins.