

AUSTRALIAN JOCKEYS' ASSOCIATION

CATERING REQUIREMENTS: MALE & FEMALE RIDERS

As far as providing food and drink for both Male and Female riders the following are considered to be minimum basic requirements at race meetings.

The Jockeys' Association asks that Club officials recognise that due to weight restrictions, many riders cannot eat or drink until after they have finished their riding engagements, and that many have ridden early morning trackwork, then trials and races and may have travelled long distances throughout the day and are in need of appropriate nourishment and re-hydration before possibly driving hours to their homes after raceday.

We ask that Clubs pass these guidelines onto their respective caterers who can then ensure the guidelines are met for all race meetings.

- A. Coffee, Tea-bags, Sugar and Milk.
- B. Some cups/mugs and cutlery.
- C. Some paper cups suitable for hot beverages.
- D. Serviettes and some 'picnic' style (plastic/paper) plates and bowls.
- E. **MAIN FOOD OPTIONS** – Clubs are able to select either of the following three (3) options

Option 1

Where applicable jockeys to prepare food for themselves.

Sandwiches and wraps ingredients to include:

- Wholegrain or wholemeal bread and flat bread such as Pita, Mountain bread
- Lean cold cuts of beef, chicken or ham
- Tuna in brine/spring water (drained)
- Lettuce, tomato (sliced), Cucumber (sliced), Beetroot, Carrot (shredded), low fat cheese, low fat spreads such as hummus, chutney, relish, salsa and tzatziki
- Bottle of salad oil for those who want to add oil

If a club elects to present food for the jockeys to service themselves the following utensils will be required; chopping board, knife, glad wrap, plates, bowls, forks, spoons, serving gloves, refrigeration and food handling signage.

Option 2

Subway (several Clubs are now using this option and it is popular with the riders).

Option 3

Freshly made, appetizing sandwiches/rolls prepared to a retail standard.

Sandwiches and wraps to be presented immediately after Race 3. As per the earlier note some food is also required later in the day.

- F. **MIXED FRUIT PLATTERS**: Especially in the warmer / summer months. Fruit should remain whole upon delivery and jockeys to be responsible for cutting up their own selection. Subject seasonal availability fruit can consist of pineapple, bananas, mango, apples, oranges, watermelon, kiwi-fruit, mandarins and grapes. Fruit to be presented just prior to race 1. As per above food Option 1, suitable cutlery would be required to cut up fruit.

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- G. In winter a soup is to be provided (where applicable).
- H. Plain biscuits.
- I. **DRINKS**: Plentiful fresh Water (a must), and a mix of Soda Water (a must), Coke, sugar free Pepsi (Max) or Coke (Zero), and Lemon. Also, either bottled Powerade or Gatorade (or a tin of either so riders can elect to make their own re-hydration drink). Drinks to be available throughout the day.
- J. **Throughout the season it is vital ICE be provided in bulk. Especially during the warmer months, a plastic tub with say 5 or 6 bags of ice to be put in it throughout the day. The hotter the forecast top temperature is the more plentiful the supply of ice needs to be.**
- K. A tip for the caterers is that the final number of jockeys attending becomes clear at midday on acceptance day, which is usually two days before the meeting. At this time the caterers can establish if there are 15 or 45 riders attending and cater accordingly.
- L. During the summer period it is essential that an ample supply of cold bottled water is available behind the Barriers at each race.