

# ***Physical Preparation***

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The physical training required for success in any sport is related to the physical demands of that sport. Curling at the national/international level is no different. There are four components of physical training for curling that are required:

1. Energy Systems
  - \* aerobics
  - \* alactic
2. Flexibility
3. Strength
4. Nutrition

Aerobics is needed for stamina (both mental and physical), weight control and general health.

Alactic energy is used to perform bursts of high speed sweeping.

Flexibility is required for proper technique and injury prevention.

Strength is needed because of the forces required to deliver the stone and sweep various (particularly heavy) ice conditions.

Nutrition is needed to generally provide the necessary energy to perform and particularly to provide stable energy to the brain for prolonged mental activity.

## **ENERGY TRAINING SYSTEMS**

Two aspects of curling impose significant physical demands upon players. The need to perform bursts of high speed sweeping applying substantial pressure to the brush through the use of strength and body weight is one such demand. Another is the need to resist the physical basis of mental fatigue in an event that can last several days.

Both of the above physical demands of curling can be met by energy system training. However, the type of energy system training required differs between the two demands. Repeated bursts of sweeping require either alactic or lactic energy from the fast twitch muscle fiber system. It is a considerable advantage to be able to meet a high percentage of the anaerobic requirement of sweeping from the alactic rather than the lactic system. This is because the build-up of lactic acid in the muscles used for sweeping causes a type of fatigue which decreases both the speed and the force available for sweeping. Most sweepers have experienced all too often the burning or heaviness in the arms when this happens. Alactic fitness decreases this effect by reducing how much lactic acid is made by the fast twitch muscle fibers used in sweeping.

A second type of fitness which will also decrease the fatigue caused by lactic acid is a special type of aerobic fitness. This type of aerobics is based on the ability of the aerobic system to remove lactic acid from muscle and blood. It is based on the application of interval training following the traditional aerobic base training which builds the stamina needed for the longer formats of national and international play.

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### AEROBIC BASE

The particular form of aerobic training required for general fitness for curling is the sub-threshold type. Usually this consists of some form of rhythmical, whole-body activity such as running, brisk walking, swimming, biking, rowing etc. that the curler can do continuously for 20 minutes at a mild-to-moderate pace. The average heart rate during such activity should be approximately 70% of age adjusted maximum ( $220 - \text{Age}$ ). This type of training should be done 3 times a week, on alternate days, during the summer months. Progression in training should be accomplished by adding about 5% per week to the original time of the exercise.

Example: At the end of the season, John has taken a few weeks rest and now has started jogging again. He can jog for 20 minutes, after a proper warm-up, before beginning to feel tired. His aerobics program starts with 20 minutes jogging 3 times a week and he adds 1 minute ( $20 \text{ minutes} \times 5\%$ ) to his time each week.

Since one of the main purposes of this form of aerobic training is to improve the fitness of the heart and lungs, the type of aerobic exercise used does not have to be curling specific. Twenty minutes of continuous activity is the strongly recommended minimum because it takes that amount of time to achieve the fat-burning quality of sub-threshold aerobics. You can build up to about an hour of this type of training, but once you get up to more than an hour your body begins to compensate and joint angles change.

This low sub-threshold training improves the slow twitch muscle fibers and these are the key to recovery of the muscles for sweepers. The low sub-threshold training should take about 6 weeks of training and then it is time to progress on to a different aerobic program called high sub-threshold.

### HIGH SUB-THRESHOLD AEROBICS

High sub-threshold training involves interval aerobic training. The purpose of the high sub-threshold training is to begin the transition in the slow twitch muscle fibers from being simply fat burners to being lactate removers.

In high sub-threshold aerobics you again jog but at a slightly higher heart rate. You exercise at a level to bring your heart rate up to about 160 beats per minute and stay at that level until you feel the first sign of fatigue and then immediately drop down so that your heart rate is 140 - 150. Stay at this lower level until you feel comfortable again (approximately 2 - 5 minutes). Once again you exercise harder and bring your heart rate back up to the 160 level. When you are uncomfortable drop back again. It is almost like pulsing your exercise rate. The success of this type of interval training depends on how many times you can repeat the cycle. If you feel fatigue within 20 seconds of going up or you cannot go up again it is time to stop training.

Train every second day for 6 weeks and then progress to the next form of aerobic training.

### OVER AND UNDER AEROBIC TRAINING

In the over and under form of aerobic training you again train using an interval training system. This time you exercise to bring your heart rate up to 170 - 190 beats per minute. This mimics the lactate acid levels that we see in curlers that are brushing a 15 - 25 second draw shot. As

soon as you feel the first sign of difficulty drop your exercise rate so that your heart rate is back down to 140. Again you pulse your exercise rate up and down. You will need to train every second day for 6 - 8 weeks so that the brushers can brush very hard for 20 - 25 seconds and then recover quickly to brush again or deliver a rock. The muscle fibers are being trained to help remove lactate acid from the muscles and blood to decrease fatigue.

### **ANAEROBIC ALACTIC ENERGY**

The anaerobic alactic system provides most of the energy for bursts of high-speed movements lasting less than 10 seconds. The anaerobic lactic energy system supplies most of the energy for bursts of activity lasting longer than 10 seconds. This energy system produces lactic acid. What we would like to do is to train the alactic system so that peak power for brushing can be increased from the 10 sec. range to up to 15 seconds. Approximately 50% of all brushing falls into the 10 - 15 second range. By increasing the peak power time less lactic acid will be formed and the brusher can continue to brush all-out. The key to alactic training:

- Type of training is based on intervals.
- Intensity should match or exceed the demands of all-out brushing.
- The activity must be sport specific (brushing on ice).
- Train this system at most every other day.
- Training program should last 8 - 12 weeks.

The following drill is designed to train the anaerobic alactic system to maintain peak power longer than 10 seconds:

brush	- 10 seconds
rest	- 60 seconds
intensity	- 100% effort
reps	- maximum of 6
rest between sets	- 5 minutes

Progression:

	<u>Start</u>	<u>Finish</u>
brush	- 10 sec.	- 15 sec.
frequency	- 2 / week	- 3 / week
reps	- 4	- 6
sets	- 4	- 6

### **FLEXIBILITY TRAINING FOR CURLING**

The particular form of flexibility training for general curling fitness is a combination of static active stretching that is used during the warm-up and dynamic stretching that is used during the cool-down.

Flexibility training is important in increasing the range of motion to aid performance. Flexibility training is also advocated for any athlete to increase the range of motion to prevent joint injury.

Key items to remember concerned with flexibility training include:

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1. Significant increases in flexibility are achieved in 12 weeks.
2. Flexibility is joint specific, not a general attribute.
3. Stretching should progress from major joints to more sport specific joints.
4. After flexibility gains are achieved from static stretching, dynamic stretching should be introduced.
5. Stretch to as full a range as possible on your own before getting extra stretch from an additional force such as a partner.
6. To build strength at vulnerable stretched out positions, use static contractions and hold them for 3 - 5 seconds.

### **STRENGTH TRAINING FOR CURLING**

Strength training increases the ability of muscles to produce force. Strength is generally needed in curling, particularly in the leg drive movement within the delivery and in the abdominals and low back to stabilize the body during the movements involving lifting the stone during the delivery. These strength requirements are increased on slow (heavy) ice.

Abdominal- low back strength may be particularly useful in preventing low back pain, one of the most common complaints among curlers.

Strength training for curling can best be accomplished by initially using calisthenics and then progressing to free weights.

Calisthenics should concentrate on ankle, knee and hip movements which simulate the angles at which the leg drive action occurs. Examples of suitable calisthenics would be stair climbing or stride walking uphill.

For abdominal strength use sit-up "crunches" where curlers lie on their back, thighs perpendicular to the floor, knees bent, feet supported on chair or bench, and raise their trunk about half-way to their knees. Sets of 20 crunches can be alternated with back raises where curlers lie on their stomach, hands behind head, and arch up so that the trunk is lifted off the floor.

In extreme conditions such as very heavy, slow ice or sweeping at maximum rate the chances of technique breaking down and causing performance errors is higher than when playing under less demanding situations. However, even when playing in "normal" situations, curling specific strength allows curlers to perform at a lower percentage of their maximum capability, increasing their efficiency. Playing on the slippery ice surface requires a special type of muscular strength called stabilizer strength.

Dr. Al Reed has developed a strength program and accompanying videotape designed for the special needs of curlers for muscular strength. Use both the program and the videotape to ensure that strength training exercises are done correctly and that all safety procedures are followed.

## **NUTRITIONAL REQUIREMENTS FOR CURLING**

Good nutrition and good training go hand in hand and allow the curler to enter training and competition at peak ability. During the training season what you do and do not eat is important. If an athlete's diet is deficient in a specific nutrient body reserves will decline and physical capabilities will be limited. During competition most often what you do eat is the critical element. If you eat the wrong kinds of foods, or the right foods at the wrong time your performance can be adversely affected.

No single food or "magic meal" will ensure top performance. Some foods taken in the 2 - 3 hours prior to training or competition can hinder your performance. The goal of nutrition prior to competition is to ensure you have adequate energy for both mental and physical exertion without any discomfort or fatigue.

There are stretch receptors in the stomach. When these stretch receptors are activated by food in the stomach they cause the nervous system to send blood to the stomach to participate in the digestive process. Blood going to the stomach is detrimental to performance because that blood would be better used elsewhere, either in the working muscles or the brain.

A protein meal takes 3 to 4 hours to digest.

A fat meal takes 3 to 4 hours to digest.

A carbohydrate meal takes 2 hours to digest.

A good meal the day of competition (to store energy) would include a high proportion of carbohydrates (grains, pastas, cereals). Snacks prior to and during competition should be small in quantity and slow to moderate in speed (Speed ratings of some common foods are listed at the end of this section).

Fast carbohydrates eaten alone are rapidly absorbed, causing the blood glucose levels to rise sharply. In turn the pancreas is stimulated and secretes insulin and then blood levels will drop below normal. The level of circulating blood sugar has a direct effect on mental function. This is because blood sugar is the primary fuel of the brain. Low blood sugar results in reduced mental performance and can affect how you feel, how you react with others, how you remember, how well you solve problems (visualize the ice, pattern, and complexities of strategy.)

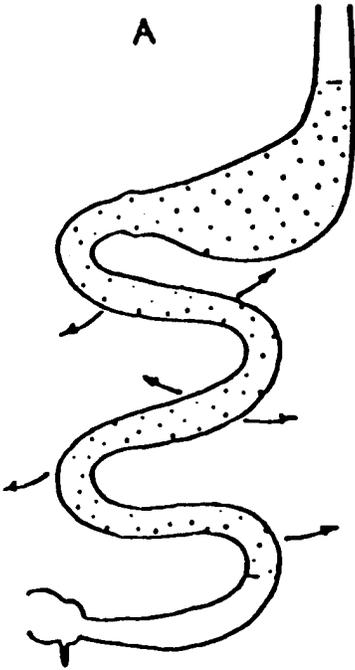
Curling requires complex mental functions combined with physical performance. The need for a stable physical basis for mental function lies in nutritional practices which provide sufficient blood sugar over two to three hours without rebound.

**It would be better to eat nothing  
prior to a game than to eat fast  
carbohydrates.**

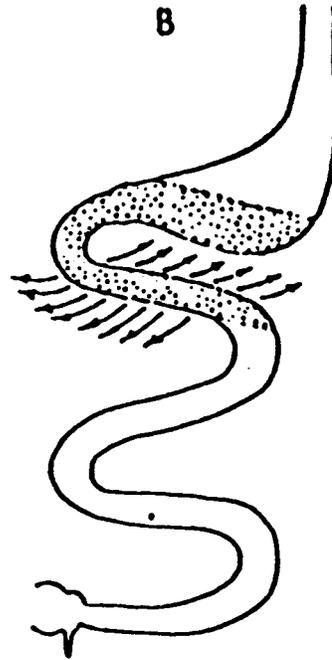
Fast carbohydrates may be eaten after competition but not before or during competition. Slow to moderate carbohydrates are the choice for pre-game meals and snacks.

**SLOW CARBOS (A) vs FAST CARBOS (B)**

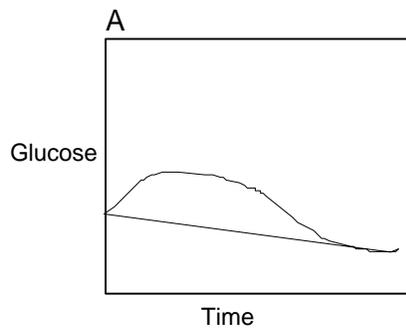
Slow Carbo  
Absorption Pattern



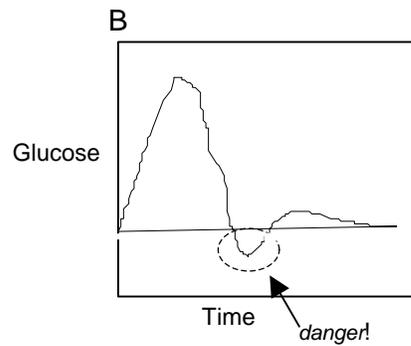
Fast Carbo  
Absorption Pattern



Slow Carbo Blood Sugar  
Response Curve



Fast Carbo Blood Sugar  
Response Curve



## GLYCEMIC INDEX OF SELECTED FOODS

Listed below are the speed ratings (Glycemic Index) of many foods, particularly carbohydrate sources. As you can see, they are compared to a glucose drink, which is set as the standard at 100. Foods rated from 70 - 100 or more will consider FAST, from 50 - 69 will be MODERATE, and below 50 will be SLOW. Remember, slow carbos before and during working hours; fast carbos after.

### FAST

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#### 100 - 110%

maltose

#### 100%

standard glucose drink

#### 90 - 99%

parsnips  
lucozade  
carrots  
puffed rice

#### 80 - 89%

potatoes (instant)  
honey  
puffed wheat  
puffed crispbread  
Lebanese bread  
rice (brown, instant, boiled 6 minutes)  
mashed potatoes

#### 70 - 79%

bread (wholemeal)  
white bread  
millet  
Weetabix  
turnip/swede  
bread beans (lima)  
Cornflakes  
French bread

### MODERATE

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#### 60 - 69%

Shredded Wheat  
Ryvita  
plain crackers (water biscuits)  
raisins  
beetroot  
shortbread biscuits  
rye crispbread  
rice (polished, boiled 15 minutes)  
potatoes (new, boiled)  
corn chips  
muesli  
grapes

#### 50 - 59%

All Bran  
digestive biscuits  
oatmeal  
yam  
sweetcorn  
quick-cooking wheat  
green peas (frozen)  
buckwheat  
spaghetti (white, boiled 15 minutes)  
rice (brown)  
potato chips  
bananas  
rich tea cookies  
rye bread

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### SLOW

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#### 40 - 49%

spaghetti (brown, boiled 15 minutes)  
porridge oats  
potatoes (sweet)  
oranges  
sponge cake  
green peas (dried)  
custard  
baked beans (canned)  
rice (brown, parboiled 25 min)  
orange juice  
lactose  
pears

#### 30 - 39%

butter beans  
haricot (white) beans  
peas (blackeye)  
chick peas  
ice cream  
milk (skim)  
milk (whole)  
yogurt  
tomato soup  
apples (golden delicious)  
grapefruit

#### 20 - 29%

kidney beans  
red lentils  
fructose  
maltodextrin

#### 10 - 19%

soy beans (dried)  
soy beans (canned)  
peanuts

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## WATER

Water is often a neglected part of an athlete's diet. Water is very important for an exercising athlete. It supplies the body with necessary blood volume and therefore, oxygen to the muscles. Water makes up 60 percent of your total body weight and 70 percent of your muscles. Without enough water you can't work at your top level of performance.

If you start a game or a practice without having enough water in your body or if you sweat during a game or practice and do not replace the lost water, you may become dehydrated. You can become dehydrated even when you lose just a few pounds as sweat.

How can you avoid dehydration?

- Drink plain, cool water before, during and after the game even if you do not feel thirsty.
- Avoid sports drinks before or during the game. Because they contain salt or sugar, they are not absorbed by the body as quickly as water.

- When you exercise in a cool environment (arena or curling club) your body still sweats. To keep warm and yet allow the sweat to evaporate wear several layers of loose clothing. Layers of clothing will trap the warmth from your body while absorbing your sweat. If you become too warm a layer can be removed. Curlers would be advised to drink approximately a third of a cup of water during every end.

### CAFFEINE

Caffeine is contained in varying amounts in several foods and beverages. Tea, coffee, colas and cocoa all contain caffeine. As with most drugs, caffeine has both favorable and unfavorable effects on the body. Coffee does appear to relieve psychological fatigue. Studies have shown that caffeine ingestion may impair learning of new manual skills and movements requiring fine muscular coordination (such as the curling delivery). As a result of these studies a curler who normally relies on caffeine to calm his nerves should then try it in a weaker form (diluted tea).

Caffeine ingestion causes an increase in resting heart rate, possibly stimulates cardiac muscle and tends to increase the amount of work done by the heart. Ingestion of caffeine should be limited prior to some sports competitions (e.g. those requiring fine muscular coordination and intense concentration such as curling) since it may cause increased heart and respiratory rates and associated increases in psychological tension which may be detrimental to performance.

Caffeine is a stimulus for acid secretion in the stomach. Restrict caffeine ingestion when traveling abroad since it may add to gastro-intestinal upset already brought about by foreign foods, drinks and climate. Avoid caffeine ingestion while flying since it causes increased urine production and water loss and adds further to the condition of dehydration which is prevalent during most high altitude flights.

*Limit the amount of caffeine ingested at all times,  
but particularly just prior to competition and  
when the stomach is relatively empty.*

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### SAMPLE MEALS ON THE ROAD

**TARGETS:**  
**HIGH CARBOHYDRATE (CHO)-60-70%**  
**LOW FAT – 15-25%**

RECOMMENDED	NOT RECOMMENDED
2 English Muffins, plain	English Muffin, with egg, cheese and ham
Jam, 2 Tbsp.	Hash Browns
2% Milk, 1 cup	2% Milk, 1 cup
<b>71% CHO</b>	<b>35% CHO</b>
<b>13% FAT</b>	<b>42% FAT</b>
Cheese & Veggie Pizza	Double Cheese & Pepperoni Pizza (1/2 of 10" pizza)
2 large rolls, plain	1 large roll & butter
Tossed salad, no dressing	Tossed salad, & 30 ml dressing
Fruit juice, 1 cup	Coke, 1 cup
<b>69% CHO</b>	<b>42% CHO</b>
<b>13% FAT</b>	<b>42% FAT</b>
Reg. Hamburger with lettuce & tomato	Deluxe Double Burger
Strawberry shake	French Fries
Orange juice, 12 oz	Strawberry shake
Apple, banana	
<b>62% CHO</b>	<b>43% CHO</b>
<b>25% FAT</b>	<b>43% FAT</b>
Baked potato, plain	Fishburger
Chili, 1 cup	French Fries
Chocolate shake	Homo milk, 1 cup
Fresh orange	Cherry pie
<b>63% CHO</b>	<b>38% CHO</b>
<b>17% FAT</b>	<b>51% FAT</b>

### MORE TRAVELLING TIPS

- Pack a nutrition basket for the road full of fresh and dried fruit, vegetable sticks, juice, plain cookies, yogurt, buns and bagels.
- Supplement fast food meals with fruits and vegetables.
- Order hamburgers but hold the cheese, bacon and extra sauce.
- Add tomato, lettuce, mustard, ketchup and relish instead.
- Remove the skin from fried chicken.
- Avoid deep fried foods, cream sauces and gravy.
- Replace butter or sauce calories with another slice of bread, second potato or soup and crackers.
- Milkshakes are o.k. if you can afford the calories.
- Choose pizza with fruit and vegetable toppings – pineapple, mushrooms, green pepper. Thick crust pizza adds even more carbohydrates.

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### CHECKLIST FOR THE TRAVELLING ATHLETE AND COACH SNAC (Sport Nutrition Advisory Committee)

Who is the "Team Nutrition Manager"? (parent, manager, coach, volunteer) \_\_\_\_\_

Research and list suitable restaurants near the practice or competition site. \_\_\_\_\_

Is there a grocery store near the athletic event to stock up on food supplies? \_\_\_\_\_

Is the portable "Team Nutrition Kit" stocked with the essentials?

- |  |  |
|--|--|
| <input type="checkbox"/> thermos       | <input type="checkbox"/> kettle/coffee urn         |
| <input type="checkbox"/> bowls         | <input type="checkbox"/> cutlery                   |
| <input type="checkbox"/> can opener    | <input type="checkbox"/> sharp knife               |
| <input type="checkbox"/> napkins       | <input type="checkbox"/> baggies                   |
| <input type="checkbox"/> water bottles | <input type="checkbox"/> Gatorade cooler/dispenser |

In addition, try these high energy, low fat ideas...

#### High Carbohydrate Foods:

- |  |   |
|--|---|
| <input type="checkbox"/> whole grain buns    | <input type="checkbox"/> bagels           |
| <input type="checkbox"/> raisin bread        | <input type="checkbox"/> date nut bread   |
| <input type="checkbox"/> home made muffins   | <input type="checkbox"/> pita bread       |
| <input type="checkbox"/> rice cakes          | <input type="checkbox"/> low fat crackers |
| <input type="checkbox"/> instant hot cereals | <input type="checkbox"/> cereal packs     |
| <input type="checkbox"/> popcorn             | <input type="checkbox"/> pasta salads*    |

#### Bread Spreads that Travel

- tuna/salmon (water packed) and lemon juice\*
- low fat cheese\*  jam/jelly
- peanut butter (caution: high fat)

#### Beverages

- |  |   |
|--|---|
| <input type="checkbox"/> low fat milk*     | <input type="checkbox"/> hot chocolate          |
| <input type="checkbox"/> juice packs       | <input type="checkbox"/> blenderized beverages* |
| <input type="checkbox"/> instant breakfast |   |

#### Sensible Snacks

- |  |   |
|--|---|
| <input type="checkbox"/> low fat yogurt*   | <input type="checkbox"/> vegetable sticks |
| <input type="checkbox"/> milk pudding  | <input type="checkbox"/> sandwiches*      |
| <input type="checkbox"/> fresh fruit/water packed  | <input type="checkbox"/> dried fruit      |
| <input type="checkbox"/> hard boiled eggs  |   |
| <input type="checkbox"/> plain cookies (arrowroot, digestives, graham wafers, fig newtons, etc.) |   |

\* items to be kept in cooler

## GUIDELINES FROM TRAVEL IN FOREIGN COUNTRIES:

- Eat only in recognized restaurants – check with mission staff.
- Choose fruit that can be peeled; the skin can contain bacteria and infectious agents.
- Avoid raw vegetables unless peeled.
- Avoid food served by street vendors.
- Bread is the best way to “put out the fire” in your mouth caused by a spicy dish.
- AVOID all raw fish, raw or partially cooked meat or poultry.

If you choose to eat at fast food restaurants, be aware that many food choices in these restaurants are high in fat.

At each meal, choose from at least three of the following groups:

- Grain products
- Milk products
- Vegetables and fruit
- Meat and alternatives

## PRE-COMPETITION MEAL/SNACKS

**Goals: physical comfort, mental alertness**

**Purpose:**

- To prevent hunger before and during the event.
- To ensure adequate blood sugar level.
- To provide an optimal state of hydration.
- To supply food that is quickly and easily digested.
- To include foods familiar to the athlete.

Try new foods or combinations during training, not before competition.

### Size and Composition of the meal and/or snack:

The size and items will vary according to the time between the meal/snack and the competition. Allow time for digestion. High calorie meals, especially those high in fat content, take longer to leave the stomach than lighter snacks.

**Generally allow:**

- 3 – 4 hours for a large meal to digest.
- 2 – 3 hours for a smaller meal.
- 1 – 2 hours for a small snack or blender/liquid meal

### Try to choose:

- Foods that are known and liked by the athlete
- Foods that are rich in carbohydrate like pasta, cereal, dry cookies, bread, fruit.
- Drink normal quantities of water during the hour preceding competition.

Be cautious of consuming these types of food in your pre-competition meal/snack”

Fat-rich foods, concentrated sugar-rich foods, spicy foods, fiber-rich foods, gas producing foods, foods containing caffeine, alcoholic beverages.

If you will be competing within the next two hours:

- Small quantities of carbohydrates are the best choices – fruit, crackers and/or bread.
- Drink water (bottled).

If you have completed your competition for the day, rehydrate and select high carbohydrate foods.

Drink beyond thirst. Exercise dulls the thirst mechanism.

Drink enough fluids to have clear urine. Dark urine is an indication of dehydration.

**Targets:** High Carbohydrate, Low Fat, Adequate Fluid Intake, Balanced Diet, Minimal chance of a gastrointestinal problem.  
*You worked hard to get here – don’t blow it at the dinner table.*

### Best Choices

(High carb/low fat and/or nutrient-rich)

### BREAKFAST

Cereal – use low fat milk  
Yogurt – low fat plain or fruit  
Fruit  
French toast and pancakes  
Egg dishes – not fried  
Ham and steak, lean/not fried  
Fish – not fried  
Potato – not fried  
Rice – not fried  
Toast – easy on butter  
Muffins – easy on butter, try jam or jelly  
Beverages – drink plenty of fluid! Bottled water  
Fruit juice – fresh, cans, cartons  
Low fat or skim milk

### Best to Avoid

(or use sparingly - high fat and/or nutrient-poor)

Whole milk, cream  
  
Limit the butter or margarine  
Fried eggs  
Bacon, sausage  
Fried fish/hash browns  
French fried/hash browns  
Fried rice  
Donuts, danish, pastry  
Croissants  
Butter, margarine

Fruit drinks

### LUNCH AND DINNER

Fruit & Veggies, fresh/canned  
Meat, fish, poultry – broiled, Roasted, baked, bbq, poached.  
Sensible portions. Trim fat.  
Remove skin from chicken.  
Vegetables – steamed, boiled, Baked.  
Potatoes – baked, puréed.  
Rice – steamed, plain  
Noodles – plain  
Pasta – plain or vegetable sauce  
Bread – rolls, crackers  
Cold meats – turkey, chicken, lean beef, lean ham, corned beef  
Salads – bean, fresh peeled  
Veggies, fruit salad, cottage  
Cheese (low fat). Watch the Dressing.  
Desserts – fruit, yogurt (low fat)  
Custards, puddings  
Cheese – in moderation

Chilled or cream soup  
Fried meat, fish, poultry  
  
Buttered, sautéed, creamed, Fried, soufflé.  
Fried potatoes.  
Fried, butter or cream sauce  
Butter or cream sauce  
  
Paté, sausages, wurst, tongue, meatloaf  
  
Mayo-type sales – potato, macaroni, cole, slaw  
  
Pies, ice cream, cakes

### FOOD SAFETY GUIDELINES:

Foods that are to be eaten as hot (temperature) dishes, (e.g. meat, casseroles, rice) should not be served lukewarm. Foods that are to be eaten cold (e.g. cold cuts, salads, milk, dessert, sandwiches) should be served at a cold temperature. If the venue meals have been unrefrigerated, do NOT eat the mayo salads (e.g. macaroni, potato or cole slaw). Food should be served either hot or cold and should be consumed within one hour.