**Lyppard Youth Club Energy Drinks Policy**

At Lyppard Hub Youth Club we are committed to encouraging and promoting good health & wellbeing, so we are banning energy drinks from being consumed during the youth club sessions; If a young person has an energy drink it will be confiscated until the end of session.

Although there is no law limiting the sale of energy drinks to Children & Young People, most stores (e.g. Tesco, Sainsbury’s, Morrisons) have implemented their own policies which restricts the sales of such products to those under the age of 16. This is because Energy Drinks can have a high amount of caffeine, sugars and other ingredients which can be harmful to health if taken in excess.

Energy drinks are not sports drinks (often labelled as isotonic drinks) which are specifically designed to help athletes and other active people hydrate before, during and after exercise. Lyppard Hub Youth Club will allow young people to consume isotonic drinks within session.

For reference below is a list of popular energy drinks that will be confiscated if brought to session, however any drink clearly labelled as an energy drink will be confiscated:

* Monster Energy
* Red Bull Energy
* Lucozade Alert/ Lucozade Energy
* Rockstar Energy
* Relentless Energy
* Rubicon RAW Energy
* Tiger Energy
* Tiger Zero
* N-Gine Energy
* Black Energy
* Tenzing Energy
* Grenade Energy
* Tesco Blue Spark Energy
* Prime Energy