



## Clonduff GAA Club Health and Wellness Policy

### Policy Statement

1. Clonduff GAA Club values of the health of its members and recognises the role it can play in providing opportunities, information and education on a range of health issues.
2. The Club seeks to ensure that the environment, culture and ethos within which it runs it's affairs is conducive to the continued good Health of all it's members.
3. It is the aim of the Club to use the skills and expertise of both it's members and professional within the community to best promote the Health Agenda.

### Objectives

Clonduff GAA Club aims to address the following Health areas across a range of activities:

#### *Smoking*

1. All indoor areas within the Club are non-smoking
2. There is appropriate signage around the Club to indicate it is a smoke free environment
3. The Club will not house a cigarette machine
4. Coaches of underage teams are not permitted to smoke during training sessions or matches
5. Smoking is not permitted on the Club pitches
6. Smoking is not permitted in the Club stand (if substantially covered ie with roof, back wall and side walls)

#### *Alcohol & Drugs*

1. The Club has in place a policy to deal with Alcohol & Drug related incidents
2. Club Medal ceremonies for U18s shall not be held where there is an open bar
3. U18s shall not be taken to pubs on the way home from matches or outings
4. Any cup the Club wins will not be filled with alcohol
5. Jerseys for underage teams will not carry the sponsorship of Alcohol or it's proprietors
6. The Club will not sell alcohol to anyone under the age of 18
7. Anyone working in the Club bar will have received appropriate training or education
8. Family events will be alcohol free

## Club Health and Wellness Policy

### *Mental and Emotional Wellness*

#### RESPONSIBLE

Everyone in the club will respect the rights, dignity and worth of each person, regardless of ability, age, culture or ethnic origin, gender, sexual orientation, or religious belief. All members of the club will promote positive behaviours to ensure that our games are played in a fair and enjoyable manner, and all members feel valued throughout their whole life.

#### ENCOURAGING

The club will ensure that everyone is treated equally, fairly, and encouraged to do their best. Members of the club will support and promote positive reinforcement, ensuring learning and development. New members will be welcomed and afforded the opportunity of having a full and active role within the club. All members will be encouraged to make positive lifestyle choices throughout all aspects and for the duration of their lives.

## **SUPPORTIVE**

The club will ensure that all members are aware of and encouraged to use the support system that the club and its varied members provide. It is recognised that coaches, team mates, family, and friends can help and for more serious issues the club will seek support from relevant approved partners or agencies.

## **POSITIVE**

Everyone is welcomed to participate within our club and we understand that every member has an important role to play.

Every player will be inspired to do their best, and an attitude which promotes participation versus winning will be upheld at appropriate grades. We will all ensure that everyone's involvement with our club is a positive one irrespective of what that participation entails.

## **ENABLING**

We will create an environment and atmosphere within all club activity that enables all members of the Association to maintain as well as develop their mental health and emotional wellbeing. The club will promote this through its day to day activity and through the delivery of specific events and initiatives that will foster positive mental health for all members.

## **CONSIDERATE**

Everyone within our club will be listened to and be given an opportunity to contribute to express their opinions without reprisal or judgement. We know that we can speak out if our club members are threatened in anyway by actions or words which are inappropriate or if we feel they need help.

## **TOLERANT**

An element of discipline will underpin our club to ensure that our games are controlled and that values such as honesty, equality, and fair play are promoted at all times. We take pride in our club. Negativity or disrespect towards others within our club or from opposing teams, or towards referees, will not be tolerated. We will be modest in victory, gracious in defeat and tolerant towards others.

## ***Nutrition***

1. The Club encourages all players to have their own water bottle
2. The Club encourages all players to bring healthy snacks to trainings and matches
3. The Club operates a policy of no fizzy drinks, sweets, chocolate etc at trainings
4. The Club will provide information on Sports nutrition for it's players via coach advice, Club website, newsletter or talks from experts
5. At Club functions healthy food choices will be provided
6. The Club displays healthy eating posters and leaflets around the facilities

## ***First Aid, Cardiac and Injury***

1. The Club has 40+ trained first-aiders among its coaches
2. The Club has a defibrillator which is positioned in cabinet on exterior wall of dressing room and there are 40+ trained users
3. The Club defibrillator is maintained by Sarah Grant (Senior Team Nurse) every week
4. The Club provides all coaching teams with a first aid kit and is replenished regularly throughout the season
5. The Club doctor is Dr Donal O'Shaughnessy and the physiotherapist is Francis Quinn

## ***Obesity, Heart Health, Diabetes***

1. The Club welcomes others from outside it's structures to use it's facilities to increase physical activity levels
2. The indoor hall is available for use such as aerobics classes, yoga, Pilates, dancing etc.
3. The perimeter of the pitch is lit and provides a safe walking track
4. The Club runs an annual family fun day to encourage all ages to get active
5. The Club provides information for members in the way of posters and leaflets on Healthy Living
6. The Club uses the services of local GPs or Practice Nurses to provide an annual Club and Community Health Night

## ***Cancer Prevention***

1. The Club ensures that members are protected from passive smoking by having it's indoor areas as non-smoking
2. The Club encourages it's members and players to wear sun-screen when playing in warm weather
3. The Club works in association with the Ulster Cancer Foundation to provide Cancer information talks

Signed (Cathaoirleach)

*Seamus Cúisic*

Date: 31/03/2016

Signed (Rúnaí)

*Anita Brú Bhranagain*

Date: 31/03/2016