



Health and Wellbeing Policy



## POLICY STATEMENT

Aghaderg GAC and Ballyvarley HC 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.

The club seeks to ensure that the environment, culture and ethos within which it runs its affairs is conducive to the continued good health of all its members.

It is the aim of the club to use the skills and expertise of both its members and professional within the community to best promote the Health Agenda.

## OBJECTIVES

The Club aims to address the following Health areas across a range of activities

### TOBACCO, ALCOHOL AND DRUGS

- The Club has in place Tobacco, Alcohol & Drug policy
- Club Medal ceremonies for U18s shall not be held where there is an open bar
- U18's shall not be taken to pubs on the way home from matches or outings
- Any cup the Club wins will not be filled with alcohol
- Jerseys for underage teams will not carry the sponsorship of alcohol or it's proprietors
- The Club will not sell alcohol to anyone under the age of 18
- Anyone working in the Club bar will have received appropriate training or education
- Family events will be alcohol free

### SMOKING

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

### NUTRITION

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

### ROAD SAFETY

- The Club supports and promotes Ulster GAA's Live to Play campaign by sharing online materials and social media messages or displaying posters
- If needs arise the Club will host a Live to Play education event involving the emergency services

## MENTAL HEALTH

- The Club adheres to the GAA's Mental Health Charter
- The Club displays posters and makes available leaflets which raise awareness and offer support to those who may need it
- The Club fosters an inclusive environment by the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.
- The Club ensures all members sign up to a relevant code of conduct for acceptable behaviour
- The Club makes available playing or volunteering opportunities for all interested parties
- The Club links with others in the Community who support the health of members
- The Club knows of relevant services to which it can signpost members if required
- The Club makes available training or awareness raising opportunities to members

## FIRST AID, CARDIAC AND INJURY

The Club has \_\_\_\_\_ number of trained first-aiders among its coaches

The Club has a defibrillator which is positioned in \_\_\_\_\_ and the trained users are \_\_\_\_\_

The Club defibrillator is maintained by \_\_\_\_\_ every \_\_\_\_\_

The Club provides all coaches with a first aid kit for their training and matches

The Club doctor is \_\_\_\_\_ and the physiotherapist is \_\_\_\_\_

## OBESITY, HEART HEALTH, DIABETES

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

## CANCER PREVENTION

- The Club ensures that members are protected from passive smoking by having its indoor areas as non-smoking
- The Club encourages its members and players to wear sun-screen when playing in warm weather
- The Club works in association with the Cancer Focus NI and Irish Cancer Society

## DECLARATION

This document has been approved by the Club Executive Committee and serves as the working Health and Wellbeing document of Aghaderg GAC and Ballyvarley HC.

## CLUB CHAIRPERSON

Signed: Deirdre M'Go Date: 4/7/23

## CLUB SECRETARY

Signed: \_\_\_\_\_ Date: \_\_\_\_\_