



Club Health & Wellbeing Manual





Club Health & Wellbeing Manual

In partnership with:



Introduction

In recent years the GAA has undergone significant changes to better enable it to respond to the health and wellbeing needs of our members and the communities we serve. These include the recommendation that all clubs appoint a Health and Wellbeing Officer, and the implementation of Health and Wellbeing Committees at county, provincial, and national level of the Association. This makes the GAA unique in Irish sporting terms.

The GAA is just one setting (where we live, work, play) that impacts on the lives of our members, including home life, schools, communities, workplaces, cities, and places we chose to socialise. By offering a safe, welcoming, environment in which our members can come together to play Gaelic Games, participate in Scór, or just socialise amongst friends, clubs already do much to support their health and wellbeing.

However, we can always do more to ensure that health and wellbeing is a core value in all our units. To support such efforts the Community & Health department in Croke Park has developed this Club Health & Wellbeing Manual. It contains best-practise advice and includes a significant body of resources and tools that all clubs may avail of regardless of their capacity or what areas of health they have identified as a priority. Little steps, even at club policy level, can make a big difference.



An Uachtarán CLG Aogán Ó Feargháil with Leo Varadkar, T.D. and Mr Bill Kyle, CEO Irish Life, at the launch of the Healthy Clubs project phase 2, the GAA's flagship health initiative.

About the Manual and how to use it


This Health & Wellbeing Manual has been developed as a support tool for clubs that want to enhance their work in the area of health and wellbeing. It is particularly aimed at Club Health & Wellbeing Officers and is designed to assist them in fulfilling their role. However, if your club does not yet have a Health & Wellbeing Officer in place, this resource should be considered a 'go to' guide for anyone interested in taking on such a role. One manual per club will be issued to a representative who attends Club Health & Wellbeing Officer training, which is now available annually in your county. Elements of this manual should be updated by your Club Health & Wellbeing Officer from time to time, including local contact details or other materials that may become dated.

The manual is broken down into two distinct segments. The first segment (Sections 1-11) is targeted at all clubs and contains all information required to support your club's health and wellbeing journey. This makes up the bulk of the manual.

The second segment (Section 12) is targeted specifically at clubs participating in the innovative GAA Healthy Clubs project (but will also be of interest to any club considering future involvement in the project).

The Healthy Clubs project, developed in partnership with the Irish Health sector, has been designed to provide participating clubs with appropriate support and recognition for their efforts to become community leaders in the area of health and wellbeing. Participating clubs work to achieve various criteria over a defined time period in order to be officially recognised as a **GAA Healthy Club**.

It is hoped that the Healthy Clubs emblem 'Healthy Bodies, Healthy Minds, Healthy Clubs' will become the quality mark for health and wellbeing in the Irish sporting context. **More details can be found in the Healthy Clubs section of this manual and at www.gaa.ie/community where an independent report into the project can be downloaded.**



From time to time you will see the Healthy Clubs logo appearing in other areas of this manual. This indicates that the activity outlined fulfils one or more of the criteria required to become an officially recognised GAA Healthy Club. You will then be signposted to the Healthy Clubs section to learn more and to see if your club would like to get involved in the project.



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Overview of the Health & Wellbeing Structures



Overview of Health & Wellbeing Structures

Since its formation, the GAA has been about more than just providing a sporting and cultural outlet for our members. It has become part of the fabric of Irish life and we pride ourselves on the work carried out by our clubs, counties, and provinces on behalf of the health and wellbeing of our members and our communities. The GAA Community & Health Section and the National Health & Wellbeing Committee was formed to enhance and support this work.

The Mission, Vision and Aims of the National Health & Wellbeing Committee are as follows:

MISSION

Making the Association a healthier place for everyone to enjoy

VISION

Empowering our Association to support the health and wellbeing of its members and communities through its values, games, and activities.

AIMS

1. Empower a skilled and proactive network of provincial, county and club health and wellbeing officers
2. Deliver and evaluate 'best practice' health and wellbeing policies and programmes across identified priority areas
3. Support research into the health and wellbeing of GAA members
4. Integrate health and wellbeing into the daily activities of all aspects of the Association
5. Partner with suitable organisations that aim to support the health and wellbeing of GAA members and communities



In attendance during the launch of the Play My Boots Pack & Mental Health Charter are, from left, Cavan footballer Alan O'Mara, Audrey Cunningham, Chairperson of the Walk In My Shoes Committee, Ard Stiúrthóir of the GAA Páirc Duffy and Galway camogie player Deirdre Burke. These are just two of the GAA resources you will discover as part of this manual.

The motion passed at congress in Derry in 2013 made the formation of health and wellbeing sub-committees at county level of the Association a requirement under GAA rule. The recommendation that clubs now appoint Health & Wellbeing Officers (replacing the previous role of ASAP officer) ensures that this important work begins from grassroots level up. The following diagram outlines the complete health and wellbeing structures now in place at all levels of the Association.

The importance of a two-way communications flow is clearly highlighted and the Community & Health department in Croke Park can be reached by emailing: community.health@gaa.ie or by calling Croke Park on 00353-(0)1-8363222.

The chair of your County Health & Wellbeing Committee can be reached at their generic email address. For example, the Monaghan email address is: chair.hwc.monaghan@gaa.ie

GAA Health and Wellbeing Structures



An additional structure – the Healthy Clubs project – has also been established in partnership with the Irish health sector to support clubs that want to strive towards best practise and achieve an official ‘Healthy Club’ status. To learn more turn to the GAA Healthy Clubs section of the manual or visit www.gaa.ie/community.



Club Health & Wellbeing Officer Role Description



The role of the Club Health & Wellbeing Officer

All clubs are now encouraged to appoint a Health and Wellbeing Officer. The role replaces the previous position of the Club ASAP (Alcohol Substance Abuse Prevention) Officer, to better reflect the broad nature of health promoting work clubs are involved in.

The Club Health & Wellbeing Officer will work with their County Health & Wellbeing Committee to ensure that their club is availing of the supports, programmes, partnerships, training and resources available to them. Clubs with suitable capacity or sufficiently interested members should, with the support of their Club Chairperson and Executive, form a Health & Wellbeing Project Team.

Role of Club Health & Wellbeing Officer

Communicate

Support

Signpost

You don't
have to be
the expert!

Training for Club Health & Wellbeing Officers and project team members will be provided at county level each year. Go to the Club Health & Wellbeing Officer training section of the manual to find out more.



Getting young people interested in Health & Wellbeing will benefit your club in the long run

The role of the Health & Wellbeing Officer is to help ensure that their club is a healthier place for everyone to enjoy. As already outlined they will be supported in this work by their Club Executive and their County Health & Wellbeing Committee.

RESPONSIBILITIES

- The key functions of the role are to **communicate** (the good work your club is doing and/or plans to do), **support** (the on-going development of the club's health and wellbeing policies, programmes, partnerships and overall ethos) and **signpost** (to health and wellbeing opportunities in your club and to support services in your community).
- While not an elected member, it is recommended that the health and wellbeing officer attend club executive meetings. Alternatively, regular formal reporting of activities should be agreed.
- The officer will familiarise themselves with the content of the GAA's Community & Health Department website (www.gaa.ie/community) and Club Health & Wellbeing Manual.
- The officer **WILL NOT BE** required to provide direct services or support to members but may help signpost to appropriate services provided by local/national agencies and/or voluntary groups.

REQUIREMENTS

- Good communication and interpersonal and organisational skills (computer literacy is essential).
- Ability to work with other club officers (Children's/ Coaching Officer) and the Executive as required.
- Have a genuine interest and knowledge in the Association and interest in health and wellbeing.
- Good standing in the community and the ability to deal discretely with potentially sensitive issues.
- Willingness to attend training as provided by the GAA or its partners.

RECOMMENDATIONS

- It is recommended that the Club Health & Wellbeing Officer be appointed for a minimum of two years to allow adequate time to develop and embed the role.
- It will be beneficial to involve other interested club members in this work by way of a small committee or as project teams to support specific goals or activities.

ADDITIONAL INFORMATION AND SUPPORT

Training for Club Health & Wellbeing Officers and committee/project team members will be provided at county level each year. Email your County Health & Wellbeing chairperson for more details. Each chairperson has a generic email address: [chair.hwc. \[INSERT YOUR COUNTY NAME HERE\]@gaa.ie](mailto:chair.hwc.[INSERT YOUR COUNTY NAME HERE]@gaa.ie) (e.g. chair.hwc.leitrim@gaa.ie). This training is provided by local GAA tutors. Further information can be sought by emailing community.health@gaa.ie



Introducing Healthy Eating Guidelines in your club is one step a Health & Wellbeing Officer could consider.

Club Health & Wellbeing Officer Training



Club Health & Wellbeing Officer Training




A two-hour GAA Health and Wellbeing training module has been developed by the GAA's Community & Health section and the National Health & Wellbeing Committee. 60 tutors from across the country were nominated by their County Health & Wellbeing Committee to receive training in its delivery. Club Health & Wellbeing Officers can now access this training within their county. Primary delivery periods are Q1 and Q4 of each year.

OVERVIEW OF THE TRAINING:

- The training has been designed to be easily comprehensible to anyone with a good knowledge of GAA structures and culture and a basic interest in health & wellbeing.
- The content helps new Club Health & Wellbeing Officers better understand their role and identify the many resources and supports that are available to them.
- It also aims to help them identify simple actions that support their club and member's health and wellbeing through appropriate policies, partnerships, programmes, and alterations to their club environment (both its physical and its cultural environment).
- It reassures officers of what they are not expected to be (i.e. counsellors)
- It supports new Club Health & Wellbeing Officers in putting their role into practice.

HOW TO ACCESS THE TRAINING:



By simply having a trained Health and Wellbeing Officer in place a club has taken two steps on the road to becoming an official Healthy Club. Go to the GAA Healthy Clubs section of this manual to find out more about the project.

When a club appoints a new Club Health & Wellbeing Officer the first protocol is to contact your County Health & Wellbeing Committee who will formally signpost him/her to the next scheduling of training in your county. Your County Health & Wellbeing Chairperson can be contacted at chair.hwc.COUNTYNAME@gaa.ie (e.g. chair.hwc.galway@gaa.ie)

Upon receiving the training the Club Health & Wellbeing Officer will receive a Club Health & Wellbeing training workbook which they can use as a further support tool to guide them on fulfilling their role. The workbook should be inserted into this section of the manual along with the training certificate which they will receive post training.



Large crowds attending GAA's Health & Wellbeing Conference in Croke Park

AFTER RECEIVING YOUR TRAINING INSERT YOUR CLUB HEALTH & WELLBEING OFFICER WORKBOOK INTO THE MANUAL HERE:



Communications



Communications

IMPORTANCE OF COMMUNICATION

Communication and awareness raising is one of the most important functions of the Club Health and Wellbeing Officer. Health and wellbeing is a very topical subject with considerable public interest so it is important to get your message out there. There is evidence to show that making a community aware of the broad suite of activities available in a club can result in increased membership and a more positive public perception in the local community.

Working with your club (and occasionally county) PRO to regularly communicate your message through all communications lines available will help raise awareness, recruit volunteers and participants, and help highlight the valuable work your club is undertaking.

COMMUNICATION METHODS

Whether you are communicating internally or externally, you should consider how you are going to get your message across. Information can be communicated to others visually, verbally, and/or in written form.

Visually - using posters, fliers, logos, charts, health and wellbeing display board, photography, etc. Many of these can be downloaded or accessed from www.gaa.ie/community or from appropriate local health partners.

Verbally – be an advocate for health and wellbeing at meetings, training, on local radio etc.

Written - using printed (local newspaper, club notes) or digital/social media (emails, group texts, club website, club newsletter, AGM agenda, Facebook, Twitter etc.)

PRESS RELEASE GUIDELINES

Press releases provide ideal opportunity for the club to promote its activities in local and regional press for free. A press release can be used to:

- Promote events
- Launch new programmes
- Tell a good news story
- Get your message out



The use of a suitable ambassador for your club's health and wellbeing efforts can help drive interest. Here Limerick's Gavin O'Mahoney lends his support to the work of Mungret's St. Paul's.



Ensuring that all club members and internal partners are aware of relevant health activities undertaken by a Healthy Club helps to fulfil another of the required criteria in the project. To find out more go to the Healthy Clubs section of the manual.

Your press release should be aimed at achieving maximum publicity. In order to do this, the release should:

- Be written on Club Headed paper and follow an appropriate template.
- Be written for either immediate release or embargoed release.
- Have a clear and catchy headline.
- Include a photograph and caption (a picture grabs attention and paints a thousand words).
- Include all essential details in the first 2 paragraphs.
- Follow the 5 W's and 1 H Rule, especially in the first few paragraphs
(who, what, when, where, why, how).
- Include the finer details in the subsequent paragraphs.
- Signpost to the relevant area for further information
- Include quotes from relevant people, e.g. club chairperson, partner representative, etc.

Sample Press Release

For release: Monday 11th March @ 4.00pm

Title of Press Release

Sub Heading

Notes to the Editor

Photo captions

More in depth descriptions

SOCIAL MEDIA:

Social media is one of the most effective ways of communicating your message. It is particularly effective at reaching younger people, and the nature of social media means messages can be delivered almost immediately. Social media can also provide you with information from a variety of people, such as professionals working in health promotion or stakeholders of similar projects.

Advantages of using social media:

- It's free
- It's where your volunteers & target population is
- It's an effective way to stay connected and topical
- It can direct people towards a bigger story
- Stories can be shared – event feedback

Things to remember when using social media:

- Promote your brand by using the club name and crest.
- Encourage people to connect by having social media icons on the club website and publications.
- Give people reasons to connect by having up-to-date, and appealing information.
- Use graphics to promote your event where possible.
- Use relevant 'hashtags' on Twitter – e.g. #[CLUBNAME] OperationTransformation #GAAHealth
- Don't overdo it with links – try and condense the information where possible.
- Don't share inappropriate, confidential or sensitive information.
- Don't allow users the option to post any content on Facebook, but do allow them to comment on your posts.
- Don't post anything you wouldn't say publically.

MORE INFORMATION:

For more detailed information on communication tools and skills go to www.gaa.ie/community



Images on social media are a highly effective communications tool



The Four Building Blocks



The Four Building Blocks

The use of building blocks when seeking to introduce a sustainable health promotion model in a sport/community club environment is based on strong international best-practice. It encourages clubs to move away from sporadic health activities/once-off talks that have short-lasting impact and supports a more structured and sustainable approach. To aid clubs, the process has been broken down into the following four building blocks:

- Plan
- Partners
- Activity
- The Club



Using these four building blocks will help a Club Health & Wellbeing Officer to ensure that the work they undertake is:

- Sustainable and well planned
- Has full club buy-in and explores all appropriate external supports/partnerships
- Reflects best practice
- Achieves real impact (that can be measured)
- Positively impacts on club members and the community
- Responds to identified needs

The GAA's two-hour Club Health & Wellbeing Officer training module provides an in depth exploration of the four building blocks and its benefits. The training also gives practical best practice examples of the process in motion.

PLAN - UNDERPINS WHAT WE WANT TO DO

PLAN – *this sets out what we want to achieve, how we intend to achieve it, details our vision and allows us to prepare for the other stages*

A plan is the foundation that underpins what you want to do and will ensure that the club's activities are focused and relevant. Best practice recommends devising a plan before diving straight into any activity.

Written plans are a great way of directing your work but at times they may need to be revised/adjusted if unforeseen events arise, which is perfectly normal. Examples of written plans include a Club's Strategic Plan, an annual plan, training plans, health and wellbeing action plans, and policies.

See the Action Planning Section of this manual for instructions about how to develop your own action plan and the Appendices for a more specific project plan template.

PARTNERS - THE PEOPLE / GROUP WE NEED TO BUY-IN OR ASSISTANCE FROM

PARTNERS - *these are the groups or individuals from within the club membership or from outside the club that you can work with to achieve a common goal*

At times it will be necessary to identify 'others' who may be able to assist in the delivery of the goals and aims contained within the club's policy and action plans. Partners may be located within the club structures (internal) or outside the club (external).

Internal Partners

Some of the most important partners you can work with are internal, including the Club Executive, coaches, parents, players, or club members with relevant skills who have yet to be offered an opportunity to contribute.

The GAA at national and local level works with many external partners and organisations to protect and improve the health of our members. These organisations include statutory and non-statutory agencies that work in areas such as health promotion and awareness, research, clinical and social support services and injury prevention.

External Partners

External partners at a local level can include schools, community groups, councils and trusts, HSE, PHA, Local Sports Partnerships, charities and many more. Clubs are encouraged to identify relevant partners that can give you better reach into the wider community and can work with the club to achieve common goals.

The impact of clubs working in effective partnerships (as highlighted in the independent report into Phase 1 of the GAA Healthy Clubs project) has been shown to:

- Help promote healthy lifestyles within the club and community
- Signpost membership to important services they may need to access for themselves, family members, or friends.
- Make the best use of knowledge, experience, and resources to improve the health of the entire GAA community
- Reduce the health cost for clubs

However, the report also emphasised that unclear expectations and parameters in a partnership can lead to misunderstandings and potentially frustrations on both sides. Therefore, the following checklist identifies some key questions to ask when considering a partnership:

CHECK LIST

Below is a checklist that will help you identify whether there are any considerations regarding how existing or future partnerships can contribute to improving health outcomes.

- ✓ Do we have the resources and capacity to act alone or do we need a partner(s) to contribute to certain aspects of our health promotion practice?
- ✓ What can a potential partner do to support our aims, objectives, and our members? What's our scope to support them achieve their goals?
- ✓ Will the partnership have financial implications for the club?
- ✓ Does the agency work with statutory health providers?
- ✓ Is the agency endorsed by the GAA nationally?
- ✓ Have they experience in working in the GAA club setting?
- ✓ What is the purpose of the partnership? Do all partners understand and share a common goal?
- ✓ Who do we need to work with to address the social determinants of health? What groups can we target through partnership? (e.g. the unemployed, single parents, those lacking of money to pay for services, older people etc)
- ✓ How can we evaluate the partnership to ensure it is working?

GAA / Samaritans Partnership

Samaritans is the GAA's official Mental Health partner. While the partnership was in development, the following proposal was put to the management committees of both organisations for approval. A similar 'Memorandum of Understanding' (MOU) could be prepared for a club executive prior to commencing a formal partnership.

PARTNERSHIP PROPOSAL

The GAA and Samaritans are both 32 county, volunteer-led organisations, interested in the development of healthy, connected communities. It is proposed that they enter a partnership to help support the emotional wellbeing of GAA members and the entire population on the island of Ireland, with the ultimate aim of supporting a reduction in the number of deaths that occur by suicide in Ireland year on year.

PRIORITY AREAS

It was agreed by both the GAA and the Samaritans that the priority areas for this partnership would be:

1. to reduce the stigma that exists around the issue of mental health, particularly for males aged 24-50
2. To sign-post GAA members to the Samaritans 24-7 helpline (**#116123**) through an appropriate messaging campaign involving both organisations
3. to stress the broad and varied spectrum of issues the Samaritans offer support around
4. to use a clear and simple message to normalise help-seeking e.g. Talk to us



Encouraging members to access Samaritans Talkline is a core aim of the GAA's partnership with the charity.

METHOD

The key feature of this partnership will focus on a sharing of resources.

- From a GAA perspective, this will occur through a dedicated messaging campaign signposting the Samaritans phone service as a helpline for all GAA members, thereby acting as a release valve for any issue creating pressure in a person's life.
- From a Samaritans' perspective the GAA would become an additional vehicle for getting their message out there.
- There was discussion regarding the potential of Samaritans volunteers to provide training to specified cohorts across the GAA membership, depending on desire and capacity (to be further explored).
- The GAA will host a national launch for the partnership in Croke Park involving county footballers / hurlers as ambassadors, highlighting Samaritans 24/7 Talk to Us campaign.
- Following approval of this proposal, it is envisioned that the communication teams of both the GAA and the Samaritans will set out in more detail the future development of this partnership, including activation days for Samaritans at high profile national and provincial GAA matches.

ACTIVITY - THE ACTIONS THAT TAKE PLACE

ACTIVITY - *this is the action(s) that will take place as part of or as a result of your efforts*

Activity refers to the actions that take place in the club, i.e. the chosen health and wellbeing activity/event. It may be a programme(s) delivered or supported by the club that responds to identified needs of members or the wider community, as highlighted in the initial plan. Or it could be the adoption and implementation of a new health-related policy. This may be rolled out entirely through the club or in partnership with an external entity.

It is necessary to communicate/promote what is happening to your target audience and support/facilitate the implementation of the activity. As Club Health & Wellbeing Officer you may communicate this through social media, posters, signage etc. (For more details See Communication Section). To see a comprehensive list of activities that your club could undertake go to section 8 of the manual support and resources.

THE CLUB - THE POSITIVE IMPACT ON THE CLUB PHYSICALLY AND CULTURALLY

THE CLUB – *this is the change that takes place to the physical and cultural environment of the club as part of or as a result of your work.*

It may be impacted upon in many different ways. For example, as a result of adopting the GAA Mental Health charter and rolling out an educational programme regarding positive mental health with Samaritans has the club become more open, understanding place, free of stigma, where those experiencing mental health problems feel they are supported and better able to discuss their health?

Perhaps the public's perspective of the club has improved significantly as it is seen to be concerned with more than just results on the field. Have more women become involved in coaching or at executive level of the club following the introduction of a 'Gaelic for Mothers and Others Programme'? Or perhaps the physical environment of the club has been altered as you can no longer smoke on the campus or due to the prominent positioning of health campaign posters, or fliers signposting to local health services etc.



Having appropriate health and wellbeing signage and visible information points throughout the club is one of the required recognition criteria for clubs participating in the Healthy Clubs project. More details are available under the Healthy Club section of this manual.

CASE STUDIES HIGHLIGHTING THE 4 BUILDING BLOCKS

To give you real-life examples, we have provided case studies from our Phase 1 Healthy Clubs who have used and tested the 4 building block structure to implement positive change in their clubs. Each case study highlights all 4 building blocks but emphasis on one particular block in action.

St. John's Volunteers GAA club Wexford: Anti-smoking policy

This case study highlights how St. John's Volunteers utilised the 4 building blocks to implement an anti-smoking policy with particular emphasis on *Planning*.

PLAN

St. John's Volunteers GAA Club Wexford were the first club in Phase 1 of the Healthy Clubs project to implement an anti-smoking policy. Anti-smoking was identified as a priority area in a community survey the club undertook. The policy aimed to create a smoke free pitch and dressing room that would positively impact upon smoking behaviour and protect the health of all individuals involved with the club by keeping them safe from all tobacco-related harm. The policy applied to all members, officials, coaches, players, parents, visitors and volunteers of St John's Volunteers.

PARTNERS

In order for the policy to be successful it was necessary to engage with partners inside the club such as the Club Executive Committee as well as coaches, club members, volunteers and parents etc. The HC project team also made contact with the local HSE health promotion smoking-cessation officer for advice, guidance and support. Building relationships with external partners who have specific expertise and resources also reduced the cost to the club.



ACTIVITY

Implementing and supporting the policy:

The club raised awareness through word of mouth, club texts and signage. Five no smoking signs and two explanation signs were displayed around club grounds. Information was disseminated down as trainers spoke to underage players and the chairperson of the club spoke to parents. This was an effective way of getting the message across and bringing the policy to life. As well as this they displayed a countdown timer on their website illustrating how long the club has been smoke free.

The main challenge for the club was people and teams coming from another area who weren't aware of the policy. The Committee addressed this by approaching people in breach of the new policy in a non-confrontational, courteous and respectful way. Public signage was also prominently displayed.

THE CLUB

The above interventions had a positive impact on the club and the behaviour of individuals. The majority of questionnaire respondents (90%) were in favour of the anti-smoking policy with 88% stating that they were in favour of extending the policy to all GAA grounds. Furthermore, 17% of those who do smoke 86% (n=6) said the policy has had a positive effect on their smoking behaviour. The Committee hope that their efforts to create a healthy club culture will appeal to parents of young children and attract new underage players.

Castleblayney Faughs GAA club Monaghan: “Operation TransFAUGHmation”

This case study highlights how Castleblayney Faughs utilised the 4 building blocks with particular emphasis on *The Activity*.

PLAN

The club decided to implement a 5 year development plan and a key identified goal was extending their reach into the community. There was a perception that if you didn't play football there was no place for you at the club. As one executive member put it: 'You were either a Faugh or you weren't a Faugh'. Having been most successful club in the Ulster for years, they began reevaluating their position when they stopped winning at adult level. They realised that “yes football is our core but in order to be a good club there had to be a whole lot of other things going on”. This new focus was supported and shared by the club executive.

PARTNERS

Firstly, the club looked internally and identified a number of key members with the interest, enthusiasm, and useful skills to lead the new project. The club then contacted 12 different local fitness instructors to invite them to deliver a variety of exercise classes throughout the duration of the initiative. This provided them with a chance to recruit new participants and saved the club considerable cost and time in trying to delivery everything themselves.

ACTIVITY

Operation TransFAUGHmation is a 12 week physical activity/fitness initiative aimed at increasing health awareness and helping the community to become a healthier place. Its tagline is 'A fun way to a healthier lifestyle'. The initiative was open to everyone in the community with club members only accounting for 25% of the 60 participants in year one.

Fitness classes took place three times a week for the duration culminating in a 5k charity fun run/walk which 755 people took part in 2015. Participants were exposed to a range of different activities from kickboxing to Irish dancing so there was something for everyone to enjoy.

People had personal goals and targets they wanted to achieve and although weight loss wasn't the emphasis of the initiative, there was an option to be weighed each week for those who wanted to track their weight, and this proved very popular for some participants. The most popular form of advertising became word of mouth as participants' enthusiasm encouraged others to sign up. There is now a waiting list to participate it has become so popular in the locale and surrounding communities.

THE CLUB

Operation TransFAUGHmation has acted as a building block to more enhanced participation in physical activity and the club now aim to get involved in 10k runs and even longer marathons. The success of the initiative has led to many spin off groups such as 30 day challenges and a range of different 12 week programmes which span across the year keeping the momentum of Operation TransFAUGHmation going. All participants reported being more active as a result.

The social aspect to the initiative was a very important element for people who made new friends in a non-threatening, welcoming environment. All age groups got involved ranging from national school children to septuagenarians. People who have never been linked with Castleblayney GAA participated in the initiative, as well as those from other clubs. Three quarters of participants revealed that the initiative has changed their perception of the Faughs and recognise that the club is not just about the football.



Participants in Operation TransFAUGHmation supporting the initiative.

Midleton GAA and St. Finbarr's National Hurling and Football Club Cork “Cork Beats Stress”

This case study highlights how Midleton GAA and St. Finbarr's National Hurling and Football Club utilised the 4 building blocks to implement a stress management programme with particular emphasis on building relationships with *Partners*.

PLAN

Midleton GAA club is located in the town of Midleton and serves a large urban community with close to 900 members. As a club they felt that stress and mental health were priority areas due to the negative effects of the recession and unemployment in their community over the last few years. For Midleton GAA it was an opportunity for them to give something back to their community.



Janas & Claire Harrington of St. Finbarr's Healthy Club Project Team with HSE Psychologist Jennifer Hayes, Cork.

PARTNERS

The club teamed up with HSE's Psychological Services in Cork South and the St. Finbarr's club, another Cork club participating in Phase 1 of the Healthy Clubs project to deliver a 6-week stress management programme.

This relatively novel partnership came about organically. Signage in the club grounds to raise awareness around the HCP attracted the attention of a psychologist from Midleton working with the HSE and it all started from there. The HSE were eager to partner up with such a trusted sporting organisation as the GAA as it gave them the opportunity to deliver their services to a large cohort of males who are difficult to engage with. Both clubs benefited as it required minimum costs while they knew the programme was being delivered by qualified professionals under the correct conditions.

ACTIVITY

The “Cork Beats Stress” programme consisted of a weekly workshop for six weeks facilitated by psychologists from the HSE. The programme equipped participants with the skills needed to cope with stress and provided participants with take home booklets on stress management. The clubs managed the operational side of things such as providing venues and providing promotion through word of mouth, social media and local radio whereas the clinical accountability rested with the HSE.

Average nightly attendance over the six weeks was 161 people with 25% of the participants being male. As the programme was delivered to the GAA, people assumed it was geared towards men and consequently, doubled the rate of male participants that normally attend these workshops. Mental health advocate and member of the GAA National Health & Wellbeing Committee, Conor Cusack, was a special guest and spoke very eloquently and honestly about stress, anxiety and depression.

THE CLUB

The stigma surrounding mental health was broken down for people as the programme was provided locally by the GAA where they felt welcome and at ease. Actual behaviour change was evident as rates of anxiety and depression decreased while participant's mental health and perceived quality of life improved significantly, according to the evaluation of the programme. The clubs also organised a community walking group when the stress management programme finished to keep participants engaged and increase physical activity levels.

Nenagh Eire Óg Club Tipperary

Nenagh Eire Og GAC club utilised all 4 building blocks but the most significant pillar was the health promoting ethos of *The Club* itself. Health promotion was at the centre of the club's AGM and incorporated into the daily running of *The Club*.

PLAN

The club set up a specific Health Promotion project team to focus on the main priority areas such as health and wellbeing, community interaction and inclusion, anti- bullying and diet and nutrition. A certain member of the project team was responsible for leading projects in each of these areas.

PARTNERS

As part of the HC project Nenagh Eire Og teamed up with a number of external organisations including North Tipperary Sports Partnership (NTSP), Aras Follain, Living Links, Suicide or Survive (SOS), North Tipperary Social Inclusion Unit and local schools. These partners offered support and expertise in the relevant areas with minimum costs to the club. Partners within the club were also involved, including Juvenile and Camogie Clubs.

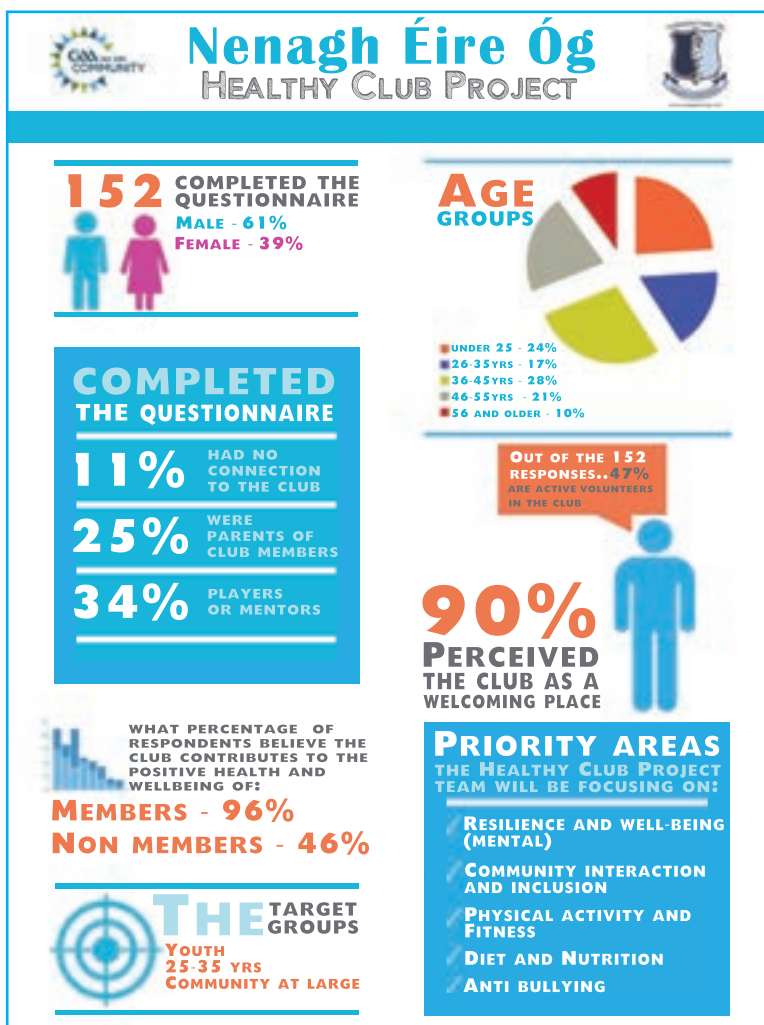
ACTIVITY

The club held a number of Health and Wellbeing seminars covering the main priority areas and were delivered by a range of partners, including county GAA players, mental health advocates and psychologists. They were very successful with up to 350 attendees. Nenagh Eire Og GAC also participated in the **Off The Booze and On the Ball** health challenge and used the funds raised for healthy club development.

THE CLUB

Health and wellbeing is at the core of Nenagh Eire Og GAC club. The AGM Annual report has a dedicated Health and Wellbeing Section which indicates how seriously the club perceives health. The project team carried out a needs assessment within the club and wider community to determine what areas of health they needed to focus on. The results of this questionnaire were then summarised and promoted using all media platforms including newsletters, posters, social media etc. The Healthy Club section in the newsletter highlights all the health promoting initiatives taking place within the club, as well as the details of the Healthy Clubs project Team. These activities enable greater engagement with a broader spectrum of people associated with the club.

An Info graphic the Eire Óg club used to promote their health survey results.





Health & Wellbeing Documents



Health & Wellbeing Documents

The health and wellbeing documents found in this manual include formal and informal written statements, guidelines, charters, and policies designed to protect or promote the health of club members, players, visitors to the club, and members of the surrounding community. Adopting and promoting such documents affect large groups of people at once and make the implementation of healthy behaviours much easier. They can also create and foster a healthy club culture.

Such steps can help change people's minds and attitudes leading to long-term change. Once an issue is regularly addressed (through a particular policy for example) people begin to accept that new way of doing things. This in turn can have effects on the next generation as the new healthier behaviour becomes the norm. The smoking ban in work places in Ireland is a perfect example at national population level.

DEFINITIONS

The Appendices Section of this manual contains a selection of ready-made health statements/ charters, policies and guidelines available to GAA clubs. It's important for a club to understand the difference between each. Please see a brief descriptor for each document below:

Statement/Charter: This is usually a one-page document outlining a club's overall philosophy and positions towards health and wellbeing, or in certain circumstances may refer to a specific topic or theme.

An over-arching '**Club Health and Wellbeing Statement**' can be found in the Appendices Section of this manual. This should act as the 'shop window' for your club's aspirations in the area of wellbeing. A more specific **GAA Mental Health Charter** is also available for GAA clubs to adopt and sign up to with supporting posters and materials, should positive mental health be a topic your club seeks to promote specifically.

Policies: These provide a set of guiding principles and rules that a club and its members should adhere to. These help with decision making and provide clear guidance regarding acceptable behaviour when conducting club business, for example. Policies are useful tools to refer to when dealing with behaviour that is unacceptable within a club, as they remove the personal element from any potential sanctions or implications. The GAA's sample **Tobacco, Drug, and Alcohol policy** is the longest standing policy available to clubs in the health and wellbeing space. A copy is also found in the manual's Appendices section.

Guidelines: Guidelines provide up-to-date information and recommendations designed to educate and inform club members regarding best-practice across a variety of health topics.

Club Physical Activity Guidelines and **Club Healthy Eating Guidelines** are both available in the manual's Appendices. These should be adopted and promoted and members should be supported in reaching the recommendations therein.



Clubs must adopt a Health & Wellbeing Statement to fulfil one of the required criteria on their journey to becoming a recognised Healthy Club. Go the GAA Healthy Clubs section of this manual to find out more about the project.



Other health & wellbeing documents available to clubs in the Appendices Section of the manual include:

- Smoke Free Policy
- Anti-Bullying Statement/Guidelines

It's important to note that clubs should first explore and identify what topics are a priority within their club, before they develop, adopt, and implement any statement, policy or guideline.

Once a health and wellbeing document of any kind is in place it is important that it is regularly reviewed and updated, especially if it has been called into use. Health and wellbeing documents are only as good as the people who use them; the most common mistake made by clubs is not actively referring to their policy to guide decisions. The club should ensure that all committee members and club members are aware of the relevant policies that impact on their participation.

Healthy & Wellbeing documents should spell out:

- The club's philosophy/position towards health and wellbeing
- What the club deems appropriate activities and behaviours

- The club's commitment to the promotion of good health in general
- Who's responsible in certain scenarios
- What club members, players, and visitors can expect when visiting the club

While the suite of options outlined above are available to all clubs, some may prefer to develop and adopt their own policies. A detailed 7-step 'How-to adopt a policy' guide is available under the ASAP section of www.gaa.ie/community

Additional ways to promote your health and wellbeing documents:

- Display in a prominent location
- Include details at registration days
- Place on the club website
- Place details in club newsletters and other communication platforms
- Provide written copies to members and affiliated clubs/associations
- Advertise in print media – take a photo with some club members
- Place signage at entry/exit gates
- Place signage around bars/food outlet areas
- Include in match programmes
- Make regular announcements about the health policy/statement at club functions
- Include health related information at training sessions when appropriate



If your club adopts a Drug and Alcohol Policy the 'Off the Booze and On the Ball' health challenge is a great way to bring it to life. See the Supports and Resources section of the manual for more details.



Action Planning



Action Planning

Planning is essential to success in any walk of life. Fail to plan, plan to fail. All plans should be SMART in nature:



WHAT IS AN ACTION PLAN?

An action plan is an overriding document listing your SMART goals. A Club Health and Wellbeing plan will help to guide your work as Club Health & Wellbeing Officer/Project Team and will give structure to your plans.

Depending on how detailed your action plan is and how many SMART goals it contains, you may need to develop **project plans** to support the implementation of each specific goal. A project plan is similar to an action plan but is more detailed, expanding on the key objectives listed. A project plan goes into the minute detail required to achieve each key objective, such as allocating responsibilities to individuals involved, the exact resources required, the budget involved (if any), etc.

BENEFITS OF HAVING ACTION PLANS/PROJECT PLANS:

- Ensure health and wellbeing initiatives are sustainable
- Helps focus the activity on objectives
- Identify resources needed to achieve the overall goal
- Provides structure and guidance
- Strengthens team morale when developed with other committee members
- Improves accountability
- Helps identify possible challenges
- Increases transparency
- Can track progress by using a timeline
- Ensure project completion

On an annual basis the Community & Health team in Croke Park, in consultation with the National and County Health and Wellbeing Committees, develop County Health and Wellbeing Action Plans to guide the work in this growing area. The committees are given the scope to develop additional objectives that respond to identified needs in their specific county, if desired. Subsequently, they are encouraged to share their action plans with all clubs in the county. Following this structure will increase understanding of key areas of focus and should help ensure that everyone (from a national level to grass roots level) is moving in the same direction.

HOW CLUBS CAN SUPPORT THE 12 MONTH COUNTY ACTION PLAN

Clubs can feed into this structure by familiarising themselves with the key objectives of their county's Health & Wellbeing Action Plan and supporting them at the grassroots level, where possible.

STEPS:

- Engage with your County Health & Wellbeing Committee
- Obtain a copy of the current 12 month county action plan
- Identify the key objectives
- Identify as a club how you can help support certain objectives at a club level
- Maintain ongoing communication and interaction with the county committee

For example, Key Objective 4 of the County Health & Wellbeing Action Plan: *Grow the number of people trained in SafeTALK around the county.*

What can your club do to support this objective?

Avail of or facilitate this training.



Developing an overall Healthy Club action plan identifying the club's priority areas is one of the required recognition criteria for clubs participating in the Healthy Clubs project. More details are available under the Healthy Club section of this manual.



Supports and Resources



Useful Club Supports & Resources

The Community & Health team in Croke Park have developed a suite of health and wellbeing resources which will be a valuable guide for GAA clubs. **Please appreciate that this is not an exhaustive list of what is available. Clubs are advised to investigate what additional resources/programmes are available in their area and relevant to the needs of club members.**

Some of the resources/opportunities listed below, such as those developed by the GAA, are available to all GAA Clubs. Others are provided by external entities and access may depend on location and funding by the likes of the HSE, PHA, health Trusts, or Sport Ireland and Northern Ireland, to name but a few. Some of these programmes may be time-bound – keep your manual updated to reflect what is available in your area.

At a national level we are constantly seeking and building new partnerships in order to develop new resources which will help make the Association a healthier place for everyone to enjoy. The health and wellbeing resources are listed under our main areas of work:

- Physical Activity
- Healthy Eating
- Mental Fitness
- Gambling, Alcohol and Drug Education
- Training and Personal Development
- Community Development



Offering at least 2 activities supporting the implementation of their Healthy Club action plan is one of the 'required' recognition criteria for clubs participating in the Healthy Clubs project. More details are available under the Healthy Club section of this manual.



President Michael D. Higgins meets participants of the GAA Social Initiative in Arás an Uachtarán. The initiative is a popular way of engaging older community members

Physical activity



GAAELIC GAMES: The GAA promotes physical activity through the different codes available (hurling, football, camogie, handball & rounders).

To learn more visit <http://www.gaa.ie/my-gaa/getting-involved/>



GAAELIC 4 MOTHERS & OTHERS is an innovative way to introduce mothers and other women to playing Ladies Gaelic Football in a fun, non- competitive and social environment. The initiative has proved hugely popular with women of all ages and has taken off in all 32 counties. There is one provincial blitz organised in each province every year and one national blitz day which have been a huge success with between 900 and 1000 mothers participating in the National Blitz Days each year.

For further information you can download the [Gaelic4Mothers&Others Information Booklet](#) on ladiesgaelic.ie



RECREATIONAL ROUNDERS is a version of Rounders with adapted rules and modified equipment to be inclusive of all abilities. As it is a limited contact sport it is perfect for recreational play. The aim is to provide participation opportunities for all members and non-members of the GAA in a social, recreational and fun environment. Rounders is an ideal intergenerational opportunity for clubs as it can be played by all age groups, from National School children all the way up to and including senior level with mixed teams, where boys and girls, men and women can play on the same team.

If you would like to get involved and establish a new club/team please contact GAA Rounders at secretary.rounders@gaa.ie



CAMOGIE FOR MUM AND ME/HURL WITH ME: The aim of this course is to increase the involvement of parents helping out with underage coaching and to provide each participant with the proper coaching information and technique to coach the basic skills required to play the game.

To download the Mum and Me/Hurl with Me booklet visit:

<http://www.camogie.ie/mum-&-me-.asp>



FIT FOR LIFE is a project delivered by Athletics Ireland aiming at providing opportunities to people who wish to develop a healthier lifestyle through running and in the process enjoy themselves, make new friends and achieve personal goals.

To find out more about getting involved and locating a Fit4Life Club visit: www.athleticsireland.ie

OPERATION TRANSFORMATION is a health and fitness programme aired on RTE1 for 8 weeks. Many clubs have rolled out their own community-based version of this fitness programme, whereby individuals are exposed to a range of exercise classes as well as culminating in a 5k run/walk/jog. In addition some clubs focused on healthy eating plans with the option to track weight loss.



Visit www.gaa.ie/community to see an inspiring video of how Castleblayney Faughs GAA Club in Monaghan developed their own “Operation TransFAUGHmation” and won Sports Club of the Year in Ireland as a result.

PARK RUNS are free, weekly, 5km timed runs, open to people of all abilities and are safe and easy to take part in. These events take place in pleasant parkland surroundings and are organised by a group of dedicated volunteers. Park Runs are all about wellbeing and inclusiveness.



To find a Park Run near you visit www.parkrun.com

MEN ON THE MOVE is a joint initiative by Local Sports Partnership (LSP) and the HSE aiming to get men aged 30+ to become more physically active and improve fitness levels in a fun environment.

To find out if this initiative is available in your area contact your LSP on the Irish Sports Council Website: <http://www.irishsportsCouncil.ie>



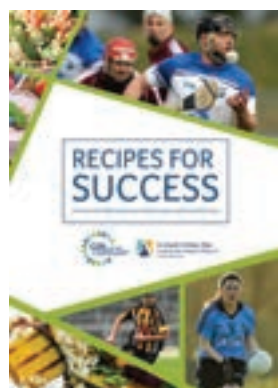
Healthy Eating



Sport is a great vehicle to deliver appropriate messages regarding healthy eating as the Camogie Association illustrates with their 'Eat Smart Move Smart' player diary.

GAA'S HEALTHY EATING GUIDELINES describe the types and amounts of foods people need for healthy eating. It is a general healthy eating guide designed for clubs to adopt, or alternatively adapt, to meet their member's needs.

This are available to clubs to download at gaa.ie/community



GAA'S RECIPES FOR SUCCESS is a practical programme supporting healthy eating for GAA players. The Recipes for Success booklet is filled with tasty, healthy, performance enhancing recipes that are easy to make. The facilitated workshop involves bringing minor teams together to enhance not only their nutritional knowledge but also their practical cookery skills, one of the most important life- skills any player can develop.

To find out more about this initiative contact the GAA's Health & Wellbeing Coordinator, Stacey Cannon at stacey.cannon@gaa.ie

Mental Fitness

THE GAA'S MENTAL HEALTH CHARTER is a policy document that helps clubs develop a culture that supports and promotes positive mental health.

This is available for clubs to download at gaa.ie/community



The “**PLAY IN MY BOOTS**” pack aims to de-stigmatise mental health by speaking to players in a sporting language familiar to them and to remind the GAA population that maintaining mental fitness requires work and skill development in the same way as maintaining our physical fitness does. The packs are designed for everyone and contain useful information which can help us all work through the stresses we all experience in life.



Clubs can download these packs on gaa.ie/community

THE SAMARITANS & GAA PARTNERSHIP aims to encourage people who are going through a difficult time to seek help, while also tackling the stigma associated with mental health problems. The service is available across the 32 counties of Ireland.

Check out the list of Samaritans Liaison Officers online at gaa.ie/community



THE LITTLE THINGS CAMPAIGN is a mental health and wellbeing social marketing campaign from the HSE's National Office for Suicide Prevention (NOSP) in partnership with the GAA. The aim of the Little Things Campaign is to remind us of the little things that make a big difference to how we feel.



The Little Things posters are available to download online at <http://www.yourmentalhealth.ie>

Gambling, Alcohol & Drug Education



THE ALCOHOL & SUBSTANCE ABUSE PREVENTION (ASAP) PROGRAMME is a joint venture by the GAA and the HSE that aims to reduce the harm being caused by tobacco, alcohol and other drugs. Clubs can adapt an ASAP policy that is appropriate to its specific needs and settings.

ASAP posters, leaflets and sample policies are available to download on gaa.ie/community



OFF THE BOOZE ON THE BALL is a fun and healthy challenge for clubs to give up alcohol for a month and participate in a healthy activity with the sponsorship going back to the club.

Contact the Community & Health Team in Croke Park if you are interested in getting involved in this initiative: community.health@gaa.ie. Clubs can download these packs

on gaa.ie/community



GAMBLING GUIDELINES - This document aims to assist GAA members in identifying what problem gambling is and to encourage those who may be experiencing a difficulty to seek support and assistance.

This resource is available for clubs to download at gaa.ie/community



SMOKE- FREE GAA CLUBS - the GAA is in the process of developing a complete smoke- free toolkit for clubs to adopt/adapt. The aim is to protect the health of all individuals involved with the club by keeping them safe from all tobacco related harm.

For further information on this resource please contact the Community & Health Team in Croke Park on community.health@gaa.ie

Training and Personal Development

THE GAA'S COACH EDUCATION PROGRAMME aims to ensure that all players and teams are coached by a person qualified to the appropriate level who can enable them to achieve their full potential.

For more information visit <http://learning.gaa.ie/coacheducationprogramme>



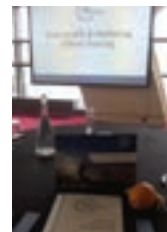
THE CLUB LEADERSHIP DEVELOPMENT PROGRAMME (CLDP) provides the opportunity for the principal officers in each club (chairperson, secretary, treasurer and PRO) to attend a series of free workshops to acquire the knowledge and skills to fulfil their roles in a confident and competent manner.

For more information please visit learning.gaa.ie/clubleadership



HEALTH & WELLBEING CLUB OFFICER TRAINING is currently being delivered to all clubs to assist them in supporting the health and wellbeing of all club members and, where possible, the local community. A video of the training will also be available on the gaa.ie/community website soon.

Clubs can avail of this training by contacting their County Health & Wellbeing Committee at the generic email: chair.hwc.county@gaa.ie



SAFETALK 'suicide alertness for everyone' is a half day training programme that prepares participants to identify persons with thoughts of suicide and connect them to suicide first aid resources. It is available across 32 counties.



In the Republic clubs can search for training in their local area at www.yourmentalhealth.ie/Get-involved/News-events/Events/

In Northern Ireland clubs can register for training by emailing health.improvement@westerntrust.hscni.net

DERMOT EARLEY YOUTH LEADERSHIP INITIATIVE (DEYLI) This unique programme evokes and honours the values Dermot Earley epitomised and tries to foster them in a new generation of young Irish leaders. Successful participants are eligible to receive a FETAC level 6 Foundation Certificate in Youth Leadership and Community Action from NUIG.

For more information visit gaa.ie/community



SAOR TRAINING (Support, Ask and assess, Offer assistance, Refer) – This is an evidence- based, quick and simple step by step guide for GAA coaches to deliver a brief intervention programme for harmful alcohol and drug use.



This resource is available for clubs to download at gaa.ie/community

Community Development



THE GAA'S CRITICAL INCIDENT RESPONSE PLAN is a guide to help GAA units at all levels to respond to a critical incident following best practice. A critical incident is defined as a situation that overwhelms one's natural capacity to respond. These are as broad and varied in their nature as any situation that can befall any individual, club, or community.

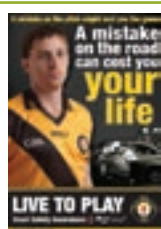
Clubs are encouraged to download and familiarise themselves this resource in case of an unforeseen event. It is available online at gaa.ie/community

COMMUNITY PARTNERSHIPS: At a national level the GAA have made key successful partnerships with the HSE, PHA, NOSP, Samaritans etc. These partnerships are based on mutual goals and visions. At a local level clubs are encouraged to map out what resources/ services are available to them and to build mutually beneficial relationships.



THE GAA SOCIAL INITIATIVE aims is to enrich the lives of all older members in our communities while specifically reaching out to isolated older men through different activities (card games, bingo, organising day trips or simply inviting them to a club game etc).

Visit gaa.ie/community for further information or contact the Community & Health Team: community.health@gaa.ie



ROAD SAFETY- LIVE TO PLAY (ULSTER GAA) aims to raise awareness and educate members on how best to stay safe on the roads.

Their website (<http://ulster.gaa.ie/livetoplay/>) has plenty of resources and downloads.



THE STRIVING AND SURVIVING IN AUSTRALIA GUIDE aims to cater for the health and wellbeing needs of our members abroad. Gaelic Games are being enjoyed by an ever increasing number of people around the globe and it is often the support network offered by the GAA's international clubs that makes Irish emigrants seek out these little pieces of Ireland abroad.

This resource is available to download online at gaa.ie/community.



Cabhrú Helplink Support Service- Emotional Support Service for the Irish Abroad provides a free online counselling service and an emotional support helpline for Irish emigrants.

For more information visit <http://www.helplink.ie/cabhru/>



Contact Database

The table below includes some useful GAA health and wellbeing contacts for clubs. Please note that this is not an exhaustive list and clubs should add in their own relevant contacts. Additional up-to-date contacts may be accessed at www.gaa.ie/community

SUPPORT / CONTACT	PHONE NUMBER	EMAIL ADDRESS
GAA Healthy Community & Health Team	018198600	community.health@gaa.ie
County Health & Wellbeing Committee		chair.chw.county@gaa.ie
GAA's Healthy Club Coordinator	018192954	aoife.obrien@gaa.ie
Club Health & Wellbeing Officer		
Provincial Health & Wellbeing Chair		
Local GP		
Local Suicide Resource Officer		
Local Health Promotion Officer		



Critical Incident Response Plan



Critical Incident Response Plan

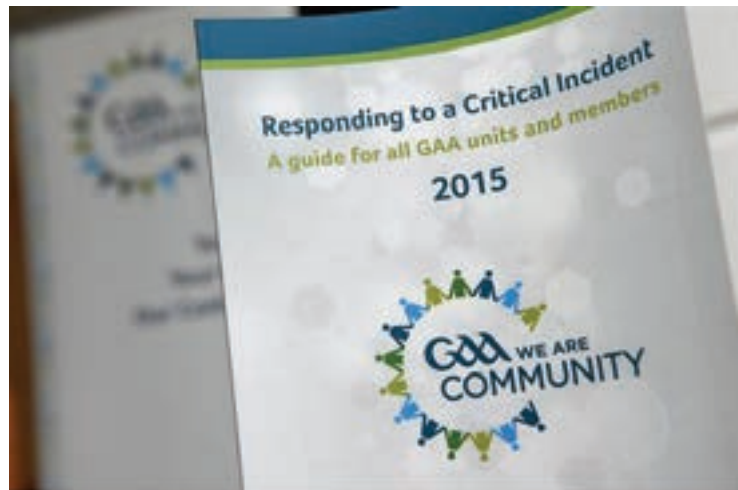
Within this section of the manual you should store your 'Responding to a Critical Incident' toolkit. A critical incident is defined as a situation that overwhelms one's natural capacity to respond. These are as broad and varied in their nature as any situation that can befall any individual, club, or community.

Each year, a considerable number of such incidents impact GAA units at every level of the Association. As a result, the Community & Health team developed this Critical Incident Response resource, having gained invaluable learnings and recommendations from numerous clubs and counties that had experienced a broad variety of such incidents.

The toolkit is intended to offer all GAA units a resource to support them in responding to critical incidents or unforeseen situations. Supporting documents are referenced throughout the toolkit.

As the club's Health & Wellbeing Officer you may be asked to offer support around an unforeseen personal or confidential situation involving a club member(s). The first step is to make sure your Club Executive is aware of the existence of the Critical Incident Response Plan and to work with them in a proactive space and adopt the plan before something happens.

This will be an invaluable support should a situation arise and the toolkit contains a simple to follow step by step guide.



By reviewing and adopting the Critical Incident Response Plan all clubs should be able to:

- Better understand what a critical incident is
- Develop and maintain their own Critical Incident Response Plan to use should a situation arise
- Follow recommended practices when responding to critical incidents
- Ensure a consistency of care for all members following a critical incident
- Identify and access the range of national and local supports services available



Adopting the Critical Incident Response Plan and reviewing it annually is one of the 'required' recognition criteria for clubs participating in the Healthy Clubs project. More details are available under the Healthy Club section of this manual.

It's important to note that when a club is faced with a situation the key functions of the Club Health & Wellbeing Officer is to communicate, support and signpost. If you do not feel comfortable or have the capacity or confidence to deal with such situations then you are **NOT** expected to. If you have any doubt, reach out to your County Health & Wellbeing Committee.

To download an editable version of the toolkit visit www.gaa.ie/community



Review & Recognition

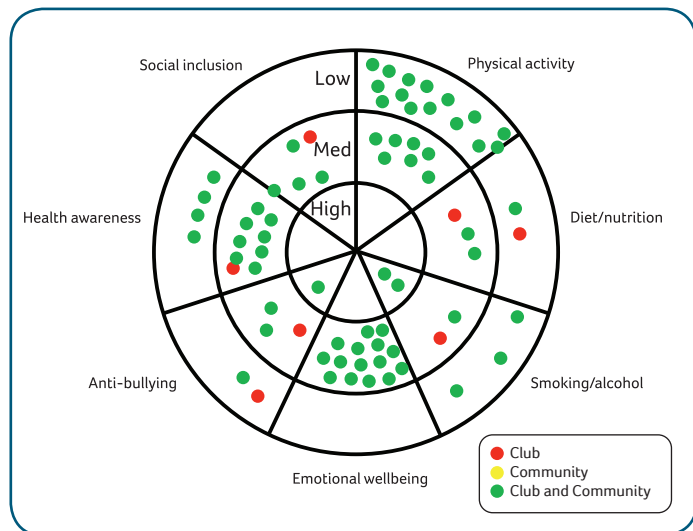


Why we need to review and evaluate

It's important to reflect on the work that your club has undertaken so that you can discuss what worked well and what didn't work so well, to help bring such learning into future plans. Below indicates some of the benefits in doing this:

- Measures the attitudes of your members and your community towards health and wellbeing.
- Offers participants the opportunity to have their say in future plans.
- Helps the club make more informed decisions regarding your future health and wellbeing activities.
- Helps the club to set priority areas and give direction.
- Helps share experiences with members in your club and community.
- Compliment any applications your club may make for grants, funding etc.
- Identify whether change has taken place.

An evaluation of Phase 1 of the Healthy Clubs, carried out by Waterford IT, led to some encouraging findings. Participation led to an improved perception of the club in the community. Clubs also showed an increase in overall health promotion orientation and an increase in memberships. The image right illustrates the type of activities that clubs ran in Phase 1 and the level of impact that these activities had.



On the following pages you will find templates that your club can use to evaluate both the process and outcome of your project.

- **Process evaluation** allows us to see how a programme's intended impact was achieved. This involves recording the time and resources that are involved in the planning and delivery of the programme. Knowing this information enables us to analyse the cost of the programme and replicate it successfully in the future, while learning from any identified obstacles.
- **Outcome evaluation** is needed to assess the effectiveness of a program in delivering change. Did our programme bring about the desired level of change? If so, then it was an effective program and it is important to recognise this success. If not, then perhaps we need to look at our process and outcome evaluations and see what improvements can be made.

There are two templates specifically designed for club members to complete, one for evaluating the process and one for evaluating the outcome of the initiative.

Likewise there are two templates that are designed for a club officer to complete, ideally a member of the club health and wellbeing committee.

Clubs involved in the Healthy Clubs project are constantly recording and evaluating their journey they undertake and the actions they implement. This helps them fulfil the various criteria required to be recognised as an official Healthy Club. See the Healthy Clubs section of this manual to discover all the criteria and see how many your club already has achieved.

Process Evaluation of your initiative (to be completed by all participants)

Name of Club:	Date:
Name of initiative:	

*How well does this describe the initiative.....
(1=not very well ; 5=very well)*

The initiative was well delivered	1	2	3	4	5	N/A	Don't know
The duration of the initiative was ideal	1	2	3	4	5	N/A	Don't know
The venue was ideal for the initiative	1	2	3	4	5	N/A	Don't know
The cost of the initiative was very reasonable	1	2	3	4	5	N/A	Don't know
The message/theme of the initiative was clear throughout	1	2	3	4	5	N/A	Don't know
There was great awareness of the initiative in the community	1	2	3	4	5	N/A	Don't know

How did you learn about this initiative?

Word of Mouth		Radio		Email	
Social Media/Online		Newspaper		Signage/posters	
Other? (Please Comment):					

Describe your favourite part of the initiative _____

Describe any issues/problems you had with the initiative _____

Reflection/ideas for the future...



Process evaluation of your initiative (to be completed by Club Health & Wellbeing Officer/other organiser)

Name of Club:	Date:
Name of initiative:	Duration:
Target audience:	No. of attendees:

How well does this describe the initiative.....

(1=not very well ; 5=very well)

The club executive was supportive of the initiative 1 2 3 4 5 N/A Don't know

The initiative engaged the coaching and games area of the club 1 2 3 4 5 N/A Don't know

Partnerships were important to the success of this initiative 1 2 3 4 5 N/A Don't know

Was behaviour change measured? Yes No

If measured:

How was this change measured? _____

How were funds raised for this initiative?

Club executive		Participants pay		Sponsorship	
Grants		Free			
Other? (Please Comment):					

What tools of communication were used to publicise this initiative?

Word of Mouth		Radio		Email	
Social Media/Online		Newspaper		Signage/posters	
Other? (Please Comment):					

Describe any issues/problems with the initiative _____

Reflection/ideas for the future...

Outcome evaluation of your initiative (to be completed by all participants)

Name of Club:	Date:
Name of initiative:	

Did the initiative...

(1=not at all/no impact; 5=very much so/excellent impact)

Increase awareness of health issue(s)?	1	2	3	4	5	N/A	Don't know
Reach the intended target audience?	1	2	3	4	5	N/A	Don't know
Increase knowledge?	1	2	3	4	5	N/A	Don't know
Positively Change behaviour(s)?	1	2	3	4	5	N/A	Don't know
Start the process of changing core values of club?	1	2	3	4	5	N/A	Don't know
Change the way of working in the club/attitudes?	1	2	3	4	5	N/A	Don't know
Lead to policy development?	1	2	3	4	5	N/A	Don't know
Prompt changes to the physical environment?	1	2	3	4	5	N/A	Don't know
Were you satisfied with the initiative?	1	2	3	4	5	N/A	Don't know
Was it well advertised?	1	2	3	4	5	N/A	Don't know
Was there a good level of participation?	1	2	3	4	5	N/A	Don't know

Reflection/ideas for the future...



Outcome evaluation of your initiative (to be completed by Club Health & Wellbeing officer/other organiser)

Name of Club:	Date:
Name of initiative:	Duration:
Target audience:	No. of attendees:

Did the initiative...

(1=not at all/no impact; 5=very much so/excellent impact)

Increase awareness of health issue(s)?	1	2	3	4	5	N/A	Don't know
Reach the intended target audience?	1	2	3	4	5	N/A	Don't know
Increase knowledge?	1	2	3	4	5	N/A	Don't know
Change behaviour(s)?	1	2	3	4	5	N/A	Don't know
Start the process of changing core values of club?	1	2	3	4	5	N/A	Don't know
Change the way of working in the club/attitudes?	1	2	3	4	5	N/A	Don't know
Lead to policy development?	1	2	3	4	5	N/A	Don't know
Prompt changes to the physical environment?	1	2	3	4	5	N/A	Don't know
Establish/recruit new partners?	1	2	3	4	5	N/A	Don't know
Were participants satisfied with the initiative?	1	2	3	4	5	N/A	Don't know
Was it well advertised?	1	2	3	4	5	N/A	Don't know
Was there a good level of participation?	1	2	3	4	5	N/A	Don't know

Planning hours: _____

Estimate the person hours required to plan and run this initiative (e.g. if 3 people spent 10 hours in meetings/preparing materials, calculate this as 3x10hours)

Reflection/ideas for the future...



Insurance





Insurance

Major fundraising events and non-core GAA activities are not automatically covered under the GAA Liability Policy. In order for our insurers to confirm cover full details of any events/activities must be submitted for review in advance of undertaking any such activities. (Please note all clubs are responsible for ensuring that documentation is submitted to allow sufficient time for review. 6-8 weeks in advance is recommended).

The GAA Liability policy can only be extended for activities that are for the sole benefit of affiliated GAA units. If a claim occurs and on investigation it is discovered that the full details of the event were not disclosed the cover will be voided and an indemnity refused.

In order for insurers to consider extending Liability Insurance to the club as organiser of the event the club will be required to submit full details of the event and the control and management of same to include as a minimum the following:

Details to include the following

- Where and when event is taking place
- Approximate numbers you expect to be in attendance
- Objectives of the event - what is hoped to achieve with this event
- Full Description of the event and planned activities
- Who will be participating in the event (are they members of the club etc)
- Risk Assessment- Identify possible risks and develop strategies to remove or reduce these risks
- Details of first aid/security at the event and signage for event
- Confirmation that your County Board have been notified of this event

Use of Third Parties / Contractors (examples include but not limited to temporary structure suppliers, food and beverage providers, etc.), fitness instructors, etc.

Details of any third party involvement are required - you will need to verify each third party has their own insurances in place.

Please note that 'Get Ireland Walking' provides free indemnity coverage for community-based walking groups (no subscription, only registration required) See www.getirelandwalking.ie
If establishing a running or cycling group Athletics Ireland www.athleticsireland.ie or Cycling Ireland www.cyclingireland.ie can provide cover once the 'club' is registered with them. A small membership/affiliation fee will be required.

Once the above information is received the GAA will be in a position to review the situation with Insurers. To make life easier, event planning checklists and templates are available from the National Risk and Insurance Officer. An additional premium may be payable to extend cover for certain events. In the event a personal injury claim is pursued the minimum excess is €1,000 and this amount is payable as soon as a formal claim is notified.

Sinead Leavy, National Risk and Insurance manager, is to be notified of all existing or planned events. We advise you to contact her before progressing any plans.

Email: sinead.leavy@gaa.ie ; Phone: (Direct Dial) +353 1 8658660

GAA Healthy Clubs





Overview of Healthy Clubs project



Introduction

This section of the manual aims to introduce clubs to the Healthy Clubs project. It outlines the origins and aims of the project, and its evolution through Phases 1 and 2. It is intended that new interested clubs may apply to get involved in 2018 (all clubs will be notified through the GAA Club Newsletter and GAA.ie). However, this section highlights that many steps can be taken on the journey in advance of officially entering the Healthy Clubs project.

Healthy Clubs Structure

The GAA's Healthy Clubs (HC) project is a best-practice model through which clubs strive to support the health and wellbeing needs of their members' and communities in a sustainable way. Participant clubs receive recognition for their efforts as they reach certain milestones (or criteria) on this journey. All clubs can get a clear indication of what is involved in the process by viewing the Recognition Criteria section in this manual.

The project has generated a unique public-private partnership involving the Irish health sector (Health Service Executive/National Office for Suicide Prevention/Healthy Ireland) and Irish Life through a CSR investment. The Healthy Clubs Steering Committee in Croke Park also benefits from input by stakeholders such as Sport Ireland and Sport Northern Ireland, the Public Health Agency and relevant academia and experts.

About the Healthy Clubs project

Phase 1 of the Healthy Clubs project ran from March 2013 to July 2015 and involved 16 clubs across the four provinces. An independent evaluation into Phase 1 was conducted and strongly endorsed the partnership approach to addressing health and wellbeing at community level, promoted by the Healthy Clubs project. It also highly commended the volunteer-driven implementation model utilised by the clubs themselves. The report, carried out by a team from Waterford IT's Centre for Health Behavioural Research, also offered clear recommendations and findings that steered the design and roll-out of Phase 2.



Representatives of the Phase 1 Healthy Clubs attend a special recognition day in Croke Park



The Healthy Club Wall outlining the journey taken by the 16 clubs that participated in Phase 1.

2016 welcomed the start of Phase 2 of the project, with numbers growing from 16 clubs to 60 clubs, including as least one club from each county. Almost 100 clubs applied, indicating the growing recognition of the importance of health and wellbeing in the GAA clubs all over the country.

(You can view or download the full independent report into Phase 1, while learning more about the Phase 1 and 2 clubs at the Healthy Clubs sections on www.gaa.ie/community).

How your club can get involved

Many clubs began their journey towards becoming a Healthy Club long before the project commenced. Health promotion is inherently part of what clubs do. The Healthy Clubs project just provides a roadmap, based on best-practice, offering clubs direction on that journey.

Phase 2 of the Healthy Clubs project will be completed in June 2017 and an independent evaluation report will be published offering further recommendations and learnings. It is intended that any new interested clubs will be invited to apply to participate following the completion of Phase 2 (targeted for 2018). Further Phases will then open on a cyclical basis. If your club aspires to be a 'Healthy Club' then this manual offers all the information necessary. Otherwise please contact the Community & Health Department at community.health@gaa.ie or call 01 8192300.

Benefits of being a Healthy Club

The independent evaluation of Phase 1 of the Healthy Clubs project identified the following benefits and opportunities:

- Access to exclusive Healthy Club resources
- Increase in membership
- Improvements in the health promoting activities of clubs specifically with club policy, practice and the club environment (both physical and cultural)
- Changes in attitudes towards health for the better
- Better engagement with club activities
- Opening up new potential funding avenues
- Better opportunity to link the local community with club activities
- Sense of achievement
- Set a positive example
- Networking opportunities

Outlined below is the Healthy Clubs Structure which overlaps with many of the Health & Wellbeing Structures outlined in section 1 (Overview of Health & Wellbeing Structures). The significant difference between the two structures is that clubs involved in the Healthy Clubs process will receive access to additional resources and online supports, especially through the exclusive Healthy Clubs portal.

A National Healthy Club Coordinator is available to offer this support and guidance to clubs. The Healthy Clubs Steering Committee includes members from various national health bodies who guide and direct the Healthy Clubs project. Forums are also utilised to offer clubs networking opportunities at provincial level while Healthy & Wellbeing Committees offer support and training for the Healthy Club Project Teams and the Club Health & Wellbeing Officer at county level.

Terms of Reference have been developed to guide the formation and work of Healthy Club Project Teams (See next section).

HEALTHY CLUBS STRUCTURE





Role of Health & Wellbeing Officer / Project Team



Role of Health & Wellbeing Officer / Project Team

The overall aim of a Club Health & Wellbeing Officer (HWO) in a Healthy Club remains the same: *to help make their club a healthier place for everyone to enjoy*. Their core functions also remain the same: **communicate, support, and signpost**. Unique duties do arise upon entering into the Healthy Clubs process, however.

These are largely directed by the Healthy Clubs recognition criteria and should not fall solely on the shoulder of the Health & Wellbeing Officer. They should also not overwhelm a club or any individual's capacity – health is a journey not a destination undertaken at the pace of a marathon not a sprint. The Healthy Clubs project will officially open to new entries following the completion of Phase 2 (target: 2018). Once an expression of interest is approved, the club will gain access to the Healthy Clubs online portal and their official journey can begin.

However, many steps can – and most likely will have been – taken on the journey in advance of this. When a club appoints a Health & Wellbeing Officer who then receives training (provided in each county by your local Health & Wellbeing Committee), the club automatically meets two of the 'required' recognition criteria that marks their journey towards becoming a 'Healthy Club'.

If a club aspires towards Healthy Club status the next stage would be to establish a Healthy Club Project Team and adopt the Terms of Reference. This group will provide essential support and guidance to the club Health & Wellbeing Officer. All members of the Healthy Club Project team are encouraged to access the Health & Wellbeing training.

If becoming part of the growing Healthy Clubs community is something your club aspires towards then please explore the Terms of Reference, and the subsequent Action Planning and Recognition Criteria sections. These will provide a greater understanding of what is involved for a club and its Health & Wellbeing Officer. This is not a one-person job – a Healthy Club involves everyone.



Members of the Nenagh Éire Óg Healthy Clubs Project Team.



Go to the Recognition Criteria page in the Healthy Clubs section of this manual to see all the criteria that must be achieved in order to receive recognition as a GAA Healthy Club.



Healthy Club Project Team – Terms of Reference

SUMMARY OF RESPONSIBILITIES

The overall responsibility of the Healthy Club Project Team is to ensure the successful roll-out of activities in line with the clubs aspiration to become a Healthy Club. The group will meet every six-eight weeks or as otherwise directed by the members.

1. HEALTHY CLUB MEMBERSHIP – EACH HEALTHY CLUB PROJECT TEAM SHALL CONSIST OF:

- A minimum of 4 and a maximum of 8 members.
- *Essential members:* Club Health & Wellbeing Officer, Member of the Club Executive, Children's Officer, Coaching Officer, Community Representative
- *Additional members:* School Liaison Officer, Parent, Ex-Player, Community Development Officer, members with an interest in the area of Health & Wellbeing or relevant skill set.

When filling positions on the Healthy Club Project Team, always think: "the right people, with the right skills, in the right role". Members who are professionals working in a relevant field should be targeted to get involved, even if only for a specific project/action.

- Each Healthy Club Project Team meeting should be minuted for reporting and evaluation purposes.
- Two member of the Healthy Club Project Team should represent the club at the Provincial Forums and the National Health & Wellbeing Conference.

2. HEALTHY CLUB PROJECT TEAM COMMITMENTS:

- To inform Club Executive of and engage them in the Healthy Club process – *their involvement and support is essential to its success.*
- To appoint a Healthy Club Project Leader – *Be the champion for the project within the club and the link to the Club Executive.*
(The Club HWO may be the Healthy Club Project Team Leader, however this does not have to be the case and the role could be filled by an alternative person).
- To appoint Healthy Club Project Administrator(s) – *who will manage the clubs online Healthy Club Management Portal as well as coordinate the other administrative needs of the Healthy Club Project Team.*
- To work towards achievement of the Healthy Club Criteria and to implement an action plan based on the Healthy Club principles, as well as any needs identified by the club.
- To review participation in the Healthy Club Project after the recommended period.

TO NOTE:

The terms of reference for the Healthy Club Project Team are subject to change and may be updated periodically.



Action Planning



Action Planning

Planning is an important element of any successful GAA club. That is the reason why Plan is one of the 4 Building Blocks explored earlier in the manual. A Healthy Club is no exception. One of the key functions of a Healthy Club Project Team is to develop their Club Health and Wellbeing Action Plan. This is a required criteria as they journey towards official 'Healthy Club' status.

An action plan is an overriding document listing what steps need to be taken in order to achieve an overall goal. These steps are often referred to as key objectives. It is usually a one-page document that will guide your journey and give structure to your plan. A useful **Healthy Club Action Plan** template is provided in this section.

HOW TO DEVELOP A HEALTHY CLUB ACTION PLAN

It is useful to start with the end in mind and identify what your club wants to achieve. An action plan should have an overall goal/aim with a list of the key objectives required to achieve this goal/aim. Setting key targets and assigning responsibilities with a timeline will help to keep the plan focused.

BEST PRACTICE FOR DEVELOPING AN ACTION PLAN:

- Brainstorm ideas in your project team
- Identify priority areas in the club/wider community – ask their opinion
- Set your goal(s) - identify what you want to achieve and what result you envision
- Identify key objectives (steps involved to achieve your goal)
- Identify resources needed
- Assign responsibilities and set a timeline
- Outline your targets
- Inform the club and community of the action plan

HEALTHY CLUB ACTION PLAN TEMPLATE

To achieve Healthy Club status, the criteria requires that a **Healthy Club Action Plan** offer at least two activities to identified stakeholders. These will vary depending on club's identified health priority topics, location, capacity, etc. However, clubs can be guided by the Community & Health department's areas of work. These include:

- Physical Activity
- Healthy Eating
- Mental Fitness
- Gambling, Alcohol and Drug Education
- Community Development
- Training and Personal Development

When it comes to implementing or rolling out an activity identified in the Healthy Club Action Plan, it is recommended to utilise a Project Plan to ensure its successful execution. **A project plan** is similar to an action plan but is more detailed. A project plan goes into the minute detail needed to take in order to achieve each key objective.

The good news is that a suite of specific project plans under each area of work outlined above are available to download and add to your manual at www.gaa.ie/community (We have also included a Rounders Project Plan by way of example in the Appendices section of this manual.)

These project plans are available for clubs to adopt or adapt, where necessary. This is not an exhaustive list and clubs may wish to use these as guides when developing their own project plans for certain initiatives.



Action Plan Template

Goal:									
Key Objectives	1	2	3	4	5	6	7	8	Target
Key Objectives									Responsibility & Timeline
Key Objectives									Resources Needed
1									
2									
3									
4									
5									
6									
7									
8									

BENEFITS OF HAVING ACTION PLANS/PROJECT PLANS:

- Ensure health and wellbeing initiatives are sustainable
- Helps focus the activity on objectives
- Identify necessary resources
- Provides structure and guidance
- Strengthens Project team morale when developed with other members
- Improves accountability
- Helps identify possible challenges
- Can track progress by using a timeline
- Ensure project completion

HOW TO DEVELOP A PROJECT PLAN

In order to implement a specific health promoting initiative or activity in your club it is best practice to develop a project plan first. The project plan should go into more detail on each key objective listed in the club's Health & Wellbeing/ Healthy Club Action Plan.

A project plan should have an overall aim/goal with a list of the key objectives required to achieve this goal/aim. It should then identify sub-action areas based on each key objective. Setting key targets and assigning responsibilities with a timeline will help to keep the plan focused. A list of the resources needed and how progress will be monitored is also important.

BEST PRACTICE FOR DEVELOPING PROJECT PLANS:

- Set your aim/goal- usually based on Health & Wellbeing/ Healthy Club Action Plan.
- Identify key objectives (steps involved to achieve your aim/goal)
- Outline sub- actions based on each key objective
- List key resources needed
- Assign responsibilities and set a timeline
- Identify how progress will be monitored
- Outline your target
- Consider the 4 Building Blocks when devising your project plan

Project plan template

Please use this template below to guide you when developing your own project plans for different initiatives you plan to run.



Special guests attending a GAA Social Initiative event in the Connacht GAA Centre of Excellence. A detailed project plan ensured its smooth running.



Project Plan Template

Aim:										
Key Objective 1:										
Building Block:										
Sub-Action										



GAA Healthy Clubs

**Healthy Clubs Portal –
An online community resource**



Healthy Clubs Portal – An online community resource

HEALTHY CLUBS PORTAL

The Healthy Clubs portal is a purpose built online management platform made available exclusively to clubs participating in the Healthy Clubs project.

At its core are a number of key functions aimed at providing clubs with the tools necessary to achieve the maximum impact for their efforts, but through efficient use of resources available to them. These key functions of the Healthy Clubs portal are based on the findings of the evaluation report, 'Opening Gates, Breaking Stigmas', conducted throughout Phase 1 of the Healthy Clubs project.

ACCESS

Access to the portal is provided once a club registers and is approved to be involved in the Healthy Clubs project. A club appointed portal administrator is issued a username and password, passing control of the club space on the portal over to them and affording them the ability to add or remove additional members.

KEY FUNCTIONS

Documents

The Healthy Club portal document library is a single repository of documents made available to Healthy Clubs, by the GAA Community & Health Department. Saving the need to search through email attachments, or ask someone else from your Healthy Club Project Team to share a document with you, the library will grow to become your one-stop-shop for the resources and documents you need to make your club a Healthy Club.

Events

The Events calendar will let you know what is happening when. Key milestones within the Healthy Clubs project will be highlighted, making sure you are kept up-to-date with what is happening. There is also the option to request to have your own events displayed on the Healthy Clubs calendar which will help with promotion and letting other clubs know what you have going on locally as part of your own Healthy Club project.

Links

Similar to the Document library the links section is a single repository of online content that will be useful to clubs involved in Healthy Clubs. From video content, to online surveys to useful websites, you will find it here. If it's not here then let us know and if we think it's something that other clubs will find useful, we'll add a link to it here.

Healthy Club Forums

The discussion forums is the opportunity for you discuss, with other clubs involved in Healthy Clubs, topics that are of interest to you. You can start your own discussion threads, or engage with ones that have been started by someone else, whether it is another club or a member of the Community & Health Department. There will also be specific scheduled discussions that will involve people with extensive knowledge on a given topic that will be available to answer questions there and then.

Criteria Submission

The recognition element of Healthy Clubs requires a club to achieve/complete a number of required and should they wish, desired criteria. The Criteria Submission section of the portal allows clubs to understand better how they can achieve each individual criteria, but also monitor their progress through it and submit the evidence that support each criteria's completion.



Support

An extensive, and growing knowledge library containing more information to users about getting the most out of the Healthy Clubs portal is accessible through the top navigation bar upon signing into the portal. What is more, although a club will have all the necessary access to the portal, this doesn't mean that you are alone in using it. Support in using the portal to its maximum potential will be provided by the GAA Community & Health Department. Should you have any issues using your portal and can't find the answers in the portal contact the GAA Community & Health Department using the support form available in the Userguides section.

HEALTHY CLUB RECOGNITION CRITERIA

Healthy Club Recognition Criteria is the criteria that all participating clubs must strive towards on their journey to receiving Healthy Club status.

This will be achieved with a broad support base, including the National Healthy Club Coordinator, the Community & Health team in Croke Park, the National and County Health & Wellbeing Committees, your Club Executive and additional partners such as the Health Service Executive (HSE)/Public Health Agency (PHA), Health Promotion Officers, local sports partnerships and many more local and national entities.

HOW TO USE THE HEALTHY CLUB RECOGNITION CRITERIA

29 criteria have been outlined which have been grouped into required criteria and desired criteria. These criteria were developed by the National Steering Committee in consultation with a broad spectrum of GAA stakeholders (including players, coaches, officers, members), all of whom were asked to identify 'what constitutes a Healthy GAA club?' They were further refined following the learnings from Phase 1 of the Healthy Clubs project.

The 'required' criteria are the minimum actions that a club must take to receive Healthy Club status. The 'desired' criteria are suggested actions for clubs who feel they have the capacity to do more. The criteria are also divided under the four building blocks of the Healthy Club framework (Planning, Partners, Activity and The Club). Please note that some actions completed by clubs may meet the needs of more than one criteria and some clubs may already meet some criteria before carrying out any new actions.

The evidence column includes suggestions for clubs but we also encourage clubs to be creative in how they show evidence of meeting relevant criteria. As well as written documentation, evidence can include webpage snapshots, email trails, photographs, social and local media coverage etc. This tracking process is managed through the Healthy Clubs online portal.

The full list of Recognition Criteria are outlined in the next section.



Recognition Criteria



Healthy Club Recognition Criteria Checklist

1.0 PLAN

Required

CRITERIA		Suggested Evidence	
1.1	Healthy Club Project Team is established with Terms of Reference in place (guidelines are provided)	List of Healthy Club Project Team Members	<input type="checkbox"/>
1.2	Club Health & Wellbeing Statement is adopted by the executive and communicated to the membership (template is provided)	Copy of Statement	<input type="checkbox"/>
1.3	A Health & Wellbeing Officer has been appointed and fulfils requirements of role description (Role description is provided)	Name and contact details of Club Health & Wellbeing Officer	<input type="checkbox"/>
1.4	Health & Wellbeing Officer has received appropriate training (training available in each county)	Training certificate	<input type="checkbox"/>
1.5	Have a club representative at the Health & Wellbeing Conference and 2 provincial meetings	Date and details of representatives Involved	<input type="checkbox"/>
1.6	Develop on overall Healthy Club Action Plan identifying club's priority areas	Provide Healthy Club Action Plan	<input type="checkbox"/>
1.7	The Club Health & Wellbeing Manual is kept up to date	All relevant documents and resources should be contained in the manual	<input type="checkbox"/>
1.8	Compile ongoing progress reports as directed in the online portal	Progress reports	<input type="checkbox"/>
1.9	A Critical Incident Response Plan had been adopted and is reviewed annually (Resource & template is provided)	Provide copy of up to date plan	<input type="checkbox"/>



Desired

CRITERIA		SUGGESTED EVIDENCE	
1.10	Member of the Club Executive sits on the Healthy Club Committee	Executive Committee Meeting Minutes	<input type="checkbox"/>
1.11	Additional Healthy Club Team members receive appropriate training (delivered by County Health & Wellbeing Committee)	Certification attendance records	<input type="checkbox"/>
1.12	Review and evaluate all Health & Wellbeing Documents every 3 years	Summary of review and evaluation	<input type="checkbox"/>
1.13	Healthy Club Team utilise/adapt project plans provided	Project plans provided	<input type="checkbox"/>
1.14	Club consults with club members and local community to enhance Healthy Club Action Plan	Evidence and findings of engagement	<input type="checkbox"/>
1.15	Keep a financial record of Healthy Club activity for inclusion in club accounts (income and expenditure)	Copy of accounts	<input type="checkbox"/>

2.0 PARTNERS

Internal Partners:

Internal partners include Club Executive Committee, players, non-playing members, non-executive committees, parents, coaches, club sponsors, etc.

Required

CRITERIA		SUGGESTED EVIDENCE	
2.1	Ensure all internal partners are aware of the club's engagement in Healthy Clubs project and of any associated plans/activity	Clubs chosen method should be evidenced	<input type="checkbox"/>
2.2	Identify internal partners with relevant skill sets and provide them with opportunities to contribute to the Health Clubs	Clubs chosen method should be evidenced	<input type="checkbox"/>

Desired

CRITERIA		SUGGESTED EVIDENCE	
2.3	Appropriate training and education is provided to upskill internal partners	Club's chosen method should be evidenced	<input type="checkbox"/>

External Partners:

Examples include schools, local community groups, HSE Health Promotion Units, Public Health Agency, Local Suicide Resource Officers, Samaritans, Local Sports Partnership, Sport NI, and charities.

Required

CRITERIA		SUGGESTED EVIDENCE
2.4	Identify and contact suitable agencies and services with mutually identified needs	Email trail /copy of meeting minutes/ Partnership agreement etc. <input type="checkbox"/>
2.5	Identify external partners with relevant skill sets and provide them with opportunities to contribute	Copy of action plans and progress reports <input type="checkbox"/>

Desired

CRITERIA		SUGGESTED EVIDENCE
2.6	Liaise with local schools and other local groups to create a health promoting community	Evidence of contact and activity <input type="checkbox"/>
2.7	Host a networking/experience sharing event with other Healthy Clubs and/or the wider community	List of names of participants and Details of content <input type="checkbox"/>

3.0 ACTIVITY

Required

CRITERIA		SUGGESTED EVIDENCE
3.1	Offer at least two activities supporting the implementation of Healthy Club Action Plan	Detailed in Project Plans <input type="checkbox"/>

Desired

CRITERIA		SUGGESTED EVIDENCE
3.2	Offer at least one additional activity in line with Healthy Action Plan	Detailed in Project Plans <input type="checkbox"/>
3.3	The club hosts activity that support the County Health & Wellbeing Committee plans	Detailed in Project Plans <input type="checkbox"/>



4.0 THE CLUB

The Club refers to the club's administrative, physical, social, and cultural environment, and refers to how the work of the Healthy Clubs positively impacts on each of these elements.

Required

CRITERIA		SUGGESTED EVIDENCE
4.1	Support the personal development of all members, through day-to-day club activity	Evidence of activity <input type="checkbox"/>
4.2	The physical environment of the club adheres to GAA National Health & Safety Policy	Copy of the club's safety Statement <input type="checkbox"/>
4.3	Appropriate health & wellbeing signage and information points are visible throughout the club	Photographs <input type="checkbox"/>
4.4	The physical environment of the club reflects the Health & Wellbeing Documents in place	Photographs <input type="checkbox"/>

Desired

CRITERIA		SUGGESTED EVIDENCE
4.5	Have a defibrillator on site and adhere to the GAA Defibrillator guidelines	Photo of defibrillator and Details of those trained <input type="checkbox"/>

Appendices





Appendices



Health & Wellbeing Statement

[CLUB NAME] believe that we need to work towards creating a healthy club environment that is inviting to all and which promotes the integration of healthy behaviours into the everyday activities of the club. We are committed to promoting health and well-being amongst our members and the wider community.

AIM

The aim of this policy is to help make our club a healthier place for all members to enjoy.

OUR PROMISES

- Our club will hold health and wellbeing as a core value – it is everyone’s responsibility and we all play a part.
- Our club is the healthy heartbeat of our community.
- Our club will do what we already do, only healthier.
- Our club will facilitate healthy participation in our Games.
- Our club has a role to play in supporting the physical, mental and social health of our members.
- Our club will help to make the healthy choice the easy choice.
- Our club will leave a legacy that enhances the health of the next generation.
- Our club is an inclusive club. We develop people not just players.
- Our club is an age-friendly club. We cater for our members throughout their lifespan.
- Our club will engage with the wider community to build a stronger community.
- Our club will empower our members to enjoy healthier lives.
- We are a community club, not just a sports club.

Our club is committed to promoting health and well-being amongst our members and the wider community.

Signed: _____
[Name]
Chairperson [Club Name]

Date: _____



Sample GAA Club Tobacco, Alcohol and Drug Policy

Cumann Lúthchleas Gael is committed as part of their overall philosophy to ‘discourage the use of drugs and tobacco and the misuse of alcohol on the basis that such activity is incompatible with a healthy approach to sporting activity’.

[CLUB NAME] believe that we need to work towards creating a safe, healthy club environment where we can develop the skills and attitudes necessary to cope with drug and alcohol related issues. All club members, officials, coaches and volunteers as part of this club shall follow the law when it comes to illegal drugs, alcohol and tobacco and shall display leadership and good example, particularly when dealing with underage members. This policy shall also apply to all users of the club buildings and grounds.

1. DEFINITION OF DRUGS:

For the purpose of this policy the term “drug” shall include all mood altering substances, both legal and illegal and involve substances such as:

- Alcohol and Tobacco
- “Over the counter” medicines that may be misused such as those containing codeine (e.g. Solpadeine), cough medicines, antihistamines, laxatives, and paracetamol.
- Volatile substances such as aerosols, glues, petrol, cigarette lighter fuels etc.
- Products and substances sold online and in “headshops” that cause intoxication.
- Controlled drugs such as cannabis, ecstasy, amphetamines, magic mushrooms, cocaine, etc.
- Performance enhancing sports related drugs as outlined by the World Anti-Doping Agency.

2. AIMS AND OBJECTIVES:

The aim of this policy is to ensure that all club members are kept safe from drug-related harm when involved in club activities.

Our objectives are:

- To promote the health and wellbeing of all club members.
- To develop a consistent approach to drug-related issues to be adopted by all club members.
- To develop procedures and protocols that address drug-related issues in the club.
- To establish clear procedures for managing specific incidents of suspected drug misuse.

3. LIST OF ACTIONS *(these are recommended and others can be inserted as required)*

The Chairperson and Executive of the club shall adopt and discharge actions from following list in line with available resources and supports.

[CLUB NAME] shall take the following actions:

- Adhere to the motion passed at Congress 2014, resulting in the following addition to Rule 1.17 (b) (Playing Gear and Equipment) in Part 1 of the Official Rule Book, coming into effect as of January 1st, 2015: *No sponsorship of juvenile (U18) GAA teams or their gear take place by alcohol companies, public houses, or off license premises.*
- Club members, officials, coaches and volunteers shall not present themselves at club-based activities while under the influence of alcohol or any other drug.
- No alcoholic drinks promotions (two-for-the price-of-one, promotional giveaways, reduced prices during matches etc) will take place in the clubhouse bar at any time. *(This is only relevant to clubs with licenced premises and is in line with recommendations issued by Coiste Bainisti in 2012.)*
- Coaches and Club Officials shall not smoke or drink alcohol while representing their club at matches or training sessions.
- All efforts shall be made to ensure Under 18 players/members are not brought to pubs following matches, outings or training sessions.
- Alcohol shall not be served at functions for players aged under 18 years of age.
- Every effort will be made to ensure juvenile medal ceremonies and other juvenile events are not held in pubs.

- Cups shall not be filled with alcohol during celebrations. Where possible, cups should be replaced with plaques.
- Cigarettes shall not be sold in the clubhouse.
- Alcohol and smoking will not be permitted in changing rooms.

All persons associated with our club can help prevent drug-related harm from occurring during club activities.

4. RECOMMENDED ROLES WITHIN CLUB (insert other recommendations as required).

4.1 CLUB MEMBERS:

Will be aware of the details of and adhere to [CLUB NAME] Drug and Alcohol Policy

4.2 PARENTS AND GUARDIANS:

Support the club in the development and implementation of this policy including procedures for handling incidents of suspected drug misuse.

4.3 COACHES:

Will be aware of the possibility of drug misuse among players and work with the Health & Wellbeing Club Officer, Club Chairman and Executives with the aim of preventing harm.

4.4 HEALTH & WELLBEING CLUB OFFICER:

Is responsible for overseeing the development, implementation and evaluation of this policy in conjunction with the Club Chairperson and Executive.

Shall have good knowledge of the local drug, alcohol and health promotion services in order to assist the club in organising prevention, education and response activities as such needs arise.

The Health & Wellbeing Club Officer is _____

Phone no: _____

Email: _____

4.5 CLUB CHAIRPERSON AND EXECUTIVE:

All relevant information, paraphernalia or suspected substances found or received shall be forwarded to the Club Chairperson who shall consult with the necessary parties before taking relevant action based upon this policy. In the event of the Chairperson not being available to discharge these duties this responsibility will then automatically fall to the Vice Chairperson or Secretary.

5. EDUCATION PROGRAMME ABOUT DRUGS AND ALCOHOL

- The Club Health & Wellbeing Officer in conjunction with the Club Chairperson and Executive shall make arrangements with local drug, alcohol or health promotion services to provide drug education annually for interested adults associated with the club.
- The Club Health & Wellbeing Officer in conjunction with the Club Chairperson and Executive shall make arrangements with local drug, alcohol or health promotion services to provide age appropriate drug education annually for young people associated with the club.



6. PROTOCOL FOR DEALING WITH DRUG MISUSE:

[CLUB NAME] shall endeavour to respond to all drug-related incidents in a firm but fair manner, with due respect for the safety and welfare of individuals involved, other members of the club and the wider community and shall also fulfil any legal obligations that might apply.

6.1 The misuse or illegal supply of drugs is viewed as unacceptable by [CLUB NAME] and may be dealt with by way of warnings, suspensions and expulsions as deemed appropriate by decision of the Club Executive on a case by case basis. It is also unacceptable for members or officials to present themselves for club duties while under the influence of a drug. (Suspension, if issued, will mean that the member involved cannot represent the club in any way during their term of suspension.)

6.2 In a case where a club member has been charged with the illegal supply of drugs the Executive will ask this individual to stand aside from club activities until the matter has been dealt with in the court of law, notwithstanding the individual's right of a presumption of innocence until proven guilty.

(Any matter involving a member being charged with the illegal supply of drugs **MUST** be brought to the attention of the County ASAP Officer and the Community & Health Manager in Croke Park, who can give guidance on the appropriate response on a case by case basis.)

7. APPEAL AND REVIEW PROCESS

A member so suspended will have the right of appeal to the Hearings Committee of the County Executive where a member of the club executive and the suspended member will have the right to be heard. Normal Standing orders will apply to such a meeting.

8. REPORTING OF INCIDENTS

Alleged or confirmed incidents in breach of this policy shall be referred to the Club Chairperson and Health & Wellbeing Club Officer. Matters relating to the supply of drugs **MUST** also be brought to the attention of the County ASAP Officer and the Community & Health Manager in Croke Park, who can give guidance on the appropriate response on a case by case basis.

8.1 RECORDING OF INFORMATION

Information regarding alleged or confirmed incidents in breach of this policy shall be recorded in writing. The recording of factual information only is preferable and all opinions shall be stated as such. Responses to cases shall also be recorded in this way. Only in confirmed cases shall names of individuals be recorded.

8.2 CONFIDENTIALITY

While it is not possible to guarantee, every effort shall be made to respect confidentiality.

8.3 INVOLVING PARENTS/GUARDIANS

Incidents involving any person under 18 years of age will require their parents/guardians to be informed. Parents/guardians shall be invited to discuss what has happened and shall be informed of any course of action to be taken by the club. The Club Chairperson shall nominate a person to inform parents/guardians in each case.

8.4 GARDA SÍOCHÁNA/PSNI INVOLVEMENT

Incidents that involve the illegal supply of drugs shall require Garda Síochána/PSNI involvement. In all other drug-related incidents, each case shall be considered on an individual basis and the decision shall rest with the Club Chairperson as to whether or not the Garda Síochána/PSNI is involved.

9. SEARCH

The Club Chairperson retains the right to direct a search of any part of club property if there is reasonable cause to believe a substance in breach of this policy is contained therein. Two officials of the club shall conduct the search. **Club Officials are not allowed to search an individual or their**

personal property. Where there is reasonable cause to believe a person has in their possession a substance in breach of this policy, they shall be asked to volunteer the substance. If they refuse, the Garda Síochána/PSNI may be called in to conduct a search.

9.1 DISPOSING OF SUSPECTED ILLEGAL SUBSTANCES

If a suspected illegal substance is found on club property it should be brought to the attention of the Club Chairperson. The substance shall be stored securely and the Chairperson shall contact Garda Síochána/PSNI to have it collected or to inform them who from the club will deliver it to them and when. Any movement of suspected illegal substances shall be recorded and witnessed by two club officials. At no time shall a suspected illegal substance be removed from club property without the knowledge of the Garda Síochána/PSNI.

10. AVAILABILITY, USE AND STORAGE OF SOLVENTS AND GASES

Many solvent based products have the potential to be abused (e.g. deodorants, paints, thinners, cleaning fluids etc). All solvent based materials and gases shall be stored securely and safely away from public access.

11. MONITORING AND EVALUATION

This policy is in force at all times and during all activities conducted under the aegis of Cumann Lúthchleas Gael. This policy shall be evaluated annually and after every drug-related incident.

This policy shall come into effect on ____________ and shall be reviewed annually thereafter by the Health & Wellbeing Club Officer in conjunction with the Club Chairperson and Executive.

Signed _____ Club Chairperson

Date ____________

Signed _____ Club Health & Wellbeing Officer

Date ____________



GAA's Smoke - Free Policy Statement

[CLUB NAME] is committed to reducing the use of tobacco and its harmful health effects by adopting the GAA'S Smoke- free policy.

AIM: To protect the health of all individuals involved with the club by keeping them safe from all tobacco related harm.

RATIONALE: [CLUB NAME] recognises that tobacco use and exposure to second-hand smoke is severely harmful to health, in particular to the health of children. There is no safe level of exposure to second hand smoke. The policy will help change social norms around tobacco use, encourage people to consider quitting and reduce the initiation of smoking amongst young people.

The club has therefore imposed a smoke-free policy that will apply to both internal & external areas including:

- playing pitches
- club and social meeting rooms
- changing rooms
- toilets
- near open windows
- near entrances and exits of buildings, facilities and the ground
- gymnasium
- there are NO designated smoking areas

This policy applies to all members, officials, coaches, players, parents, visitors and volunteers. We believe that we are setting a positive example for the community with genuine concern for everyone's health.

Timing: This policy will commence on the **[insert date]**

Enforcement and non- compliance: The club will use no smoking signs both internally and externally to promote the smoke- free policy. Committee members will monitor compliance in the club grounds.

The following strategy will be followed if anyone breaches the smoke- free policy:

- Assume that the person is unaware of the non-smoking policy
- A committee member or club representative will approach the person breaching the policy and politely ask them to refrain from smoking and remind them about the non-smoking policy
- If the offence continues a senior member of staff will intervene

POLICY REVIEW: This policy will be reviewed six months after its introduction and then on an annual basis thereafter by an Executive Committee representative. This will ensure that the policy is sustained, effective and up to date.

[CLUB NAME] is committed to following the GAA'S Smoke- free policy

Signed: _____

Date: _____

[Name]

Chairperson [Club Name]

GAA Anti-Bullying Policy Statement

The GAA aims to create a supportive environment where any form of bullying is unacceptable. We adopt a whole organisational approach to addressing bullying and are committed to implementing structures and relevant training to deal with allegations of bullying. Incidents of bullying are regarded as serious breaches of our Code of

Best Practice in Youth Sport - Our Games Our Code. We are committed to achieving an ethos of respect so as to maximise the potential of all our members when playing or participating in our Gaelic Games.

DEFINITION

Bullying is defined as repeated aggression, be it verbal, psychological or physical, conducted by an individual or group against others.

THE GAA SEEKS TO ENSURE THAT:

- Incidents of bullying behaviour are addressed appropriately
- All persons in membership of the Association or attending our games or activities are aware that bullying behaviour is unacceptable in the GAA.

DEALING WITH BULLYING

The Code of Behaviour when working with underage players provides good practice guidance in relation to the prevention of bullying.

If you are aware of or have a concern that bullying behaviour is happening within your Club you should report the matter to your Club Children's Officer.

We recognise that incidents of bullying are a breach of the Code of Behaviour and of our Give Respect - Get Respect initiative and all such incidents will be dealt with accordingly.

Signed: _____
Club's Children Officer

Date: _____

Club Name _____



GAA Mental Health Charter

Our commitment to promoting and maintaining positive mental health for all our members

RESPECT

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.

ENCOURAGING

The club will ensure that everyone is treated equally, fairly, and encouraged to do their best.

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.

POSITIVE

Everyone's positive contribution to club life is recognised and we understand that every member has an important role to play.

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.

CONSIDERATE

Everyone within our club will be listened to and be given an opportunity to contribute to express their opinions without reprisal or judgement.

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.

[INSERT CLUB NAME] is committed to following the GAA'S Mental Health Charter

Signed: _____

Date: _____

[Name]

Chairperson [Club Name]

GAA's Healthy Eating Guidelines

[CLUB NAME] aims to create a supportive environment in which it promotes healthy eating for all its members and the wider community, to make the Association a healthier place for everyone to enjoy. The club is committed in supporting a whole organisational approach to embed and implement the following healthy eating guidelines.

The guidelines describe the types and amounts of foods people need for healthy eating. It is important to note that these are general guidelines and can be adapted by clubs/ teams to meet their needs. Everyone has different food needs depending on body size, age, gender, underlying medical conditions and activity level. Following these guidelines and being active gives people the best chance of being healthy and well.

TOP TIPS:

CHOOSE REAL FOODS

- The majority of food we eat should be in the form of unprocessed 'real foods' such as fresh meat, fish dairy, nuts, seeds, fruit and vegetables. Often processed foods such as readymade and tinned foods lack nutrient.

5 A DAY

- More is Better- have at least 5 servings of fruit, vegetables or salad every day

BROWN IS BEST

- Chose wholemeal cereals, breads, potatoes, pasta & rice (carbohydrates) for fibre & healthiest calories. For healthy eating people should base most of the food they eat on this group

SOME LOW- FAT DAIRY FOODS

- Low- fat milk, cheese and yogurts options have the same amount of calcium & other nutrients with fewer calories

PROTEIN POWER (Meat, poultry, eggs, fish and alternatives)

- Try to eat fish at least twice a week- Oily fish is best
- Remove all visible fat from meat and all skin from poultry
- Peas, beans and lentils are low-fat, high fibre alternatives to meat

LESS IS MORE

- Avoid adding salt to food during cooking & at the table. Use pepper, herbs & lemon/lime juice to add flavour.
- Limiting the intake of processed foods & chose reduced- salt options

NOT TOO MUCH AND NOT TOO OFTEN

- Only have foods that are high in calories, fat & sugar (biscuits, cakes, savoury snacks & confectionary) occasionally- NOT every day
- All types of fats, oils & spreads are high in calories- use as little as possible & chose a reduced- fat spread where possible

STAY HYDRATED

- At least 8 medium sized glasses of water every day- this may need to be increased a little when playing sport or on a hot day

BREAKFAST IS A BIG DEAL

- A healthy balanced breakfast will kick-start your day, helping you to concentrate and fuel your morning



COOKING METHODS

- Grill, bake, steam or boil foods instead of frying or deep frying

VARIETY IS THE SPICE OF LIFE

- Eat regular meals which contain a variety of foods- the basis of all meals should be carbohydrates & vegetables as well as containing protein.
- You shouldn't cut out any key food groups unless you have a medical reason to do so and your GP is informed, for example an allergy to certain foods.

SERVING SIZES

- Chose smaller portions and add plenty of vegetables, salad and fruit.
- Use the width and depth of your palm (without fingers & thumb) to estimate how much meat, poultry or fish you need
- Use a 200ml disposable plastic cup to guide portion sizes of cereals, cooked rice & pasta, vegetables, salad & fruit
- Use a matchbox to guide one serving of cheese.

HEALTHY EATING IN A NUTSHELL

- Plenty of breads, potatoes, pasta & rice (wholegrain)
- Plenty of fruit & vegetables
- Some milk, cheese & yogurt - chose low fat
- Some meat, poultry, fish, eggs & alternatives
- Very small amount of fats & oils
- A very small amount of foods high in fat, sugar & salt

OUR CLUB DOES NOT RECOMMEND:

- The use of sports supplements and nutritional products (protein & carbohydrate powders/ meal replacements) claiming to enhance performance
- The use of sports drinks, bars and gels
- Bringing fizzy drinks, sugary drinks, crisps, chocolate & other junk food to training or games
- Accepting sponsorship from unsuitable food suppliers who hold opposing views

Our club is committed to following this healthy eating guide but we are not responsible for the diets of members

Signed: _____

[Name]

Chairperson [Club Name]

Date: _____

GAA's Physical Activity Guidelines

[CLUB NAME] aims to create a supportive environment in which it already promotes physical activity for all its members and the wider community, to make the Association a healthier place for everyone to enjoy. The club is committed in supporting a whole club approach to embed and implement the following physical activity guidelines.

In line with Healthy Ireland's National Physical Activity Plan the below guidelines aim to:

- **Educate** members and the wider community on the recommended levels of health enhancing physical activity guidelines
- **Acknowledge** the work GAA communities are already doing in promoting physical activity and alternative ways the club can support physical activity for its members and the wider community

HOW MUCH PHYSICAL ACTIVITY SHOULD WE BE DOING?

- **Children and juveniles (aged 2-18)**
Children and juveniles should be active, at a moderate to vigorous level, for at least 60 minutes every day. Include muscle/bone strengthening and flexibility exercises 3 times a week.
- **Adults (aged 18-64)**
Adults should be active for at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week).
- **Older adults (aged 65+)**
Older people should be active for at least 30 minutes a day of moderate intensity activity on five days a week or 150 minutes a week with a focus on aerobic activity, muscle strengthening and balance.
- **Adults with disabilities**
People with disabilities should be as active as their ability allows them to be. Aim to meet adult guidelines of at least 30 minutes of moderate-intensity activity on 5 days a week.

The key message is that physical activity is for everyone, and any level of activity is better for your health than none.

List of physical activity actions the club supports (Please insert actions that suit the clubs need or what the club already supports in this space)

- The club provides a safe environment for all to allow its members and the wider community reach their daily physical activity guidelines.
- The club promote physical activity opportunities each week to its member and wider community.
- The club promotes a 'Sli Ní Slainte' route around its grounds for all to use.
- Bike rack
- The club welcomes other physical activity community groups to use its facilities.
- The club promotes recreational games for all e.g. Rounders.

Specific Project Plan Template

Programme offered in the following Priority Area: Physical Activity

Programme: Rounders “Clash of the Clans”

Aim: To increase the level of physical activity among families in a social and recreational environment

Key objectives

1. Establish a Healthy Club Rounders Project Team
2. Team Recruitment and Promotion
3. Engagement with GAA Rounders Official
4. Promote Rounders within the club
5. Training/ Coaching
6. Evaluation

The 6 key objectives are detailed throughout the rest of this document.



Promoting Recreational Rounders at the annual GAA Health & Wellbeing Conference

Key Objective 1:		Establish a Healthy Club Rounders Project Team				
Building Block:		Plan				
Sub-Action	Resources Needed	Responsibility & Timeline	Progress Tracking	Target		
A	Identify and contact potential members in the club and wider community	Email/ Phone Poster Social Media	Contact by	Cc Email Text messages	Raise awareness	
B	Confirm a venue and date for a meeting	Venue Refreshments	Confirm by	Confirmation of attendees	At least 2 enthusiastic & dedicated members	
C						
D						
E						
F						
G						
H						
I						



Key Objective 2:		Team Recruitment and Promotion			
Building Block:		The Club			
Sub-Action	Resources Needed	Responsibility & Timeline	Progress Tracking	Target	
A. Promote "Rounders Clash of the Clans"	Posters/Signage Social media Newsletter/ Website	Promote between	Visible in the club/ community & word of mouth	Raise awareness	
B. Distribute fliers at underage training & school to reach parents	Fliers	Promote between	Confirmation from teachers & coaches	Raise awareness	
C. Identify & approach potential families (mixed gender, inter-generational)	Rounders equipment	Identify by	n/a	Interest from the community	
D. Select a team(s)	Rounders equipment	Select by	Communication to selected team(s)	Full engagement	
E.					
F.					
G.					
H.					
I.					

Key Objective 3: Engagement with GAA Rounders Official				
Building Block:	Partners			
Sub-Action	Resources Needed	Responsibility & Timeline	Progress Tracking	Target
A.	Phone number Email address	Contact by	Texts CC Emails	Ongoing communication
B.	Registration form	Register by	n/a	Team details passed onto Croke Park
C.	Fixtures	Discuss by	Cc Emails	Full engagement
D.				
E.				
F.				
G.				
H.				
I.				



Key Objective 4: Promote Rounders within the club		Promote Rounders within the club				
Building Block: The Club		The Club				
Sub-Action	Resources Needed	Responsibility & Timeline	Progress Tracking	Target		
A. Use all media platforms within the club	Social Media Newsletter Posters/Signage	Ongoing	Word of mouth	Raise awareness		
B. Communicate training dates, times and location to volunteers	Phone number Email address	Communicate by	Texts CC Emails	Full engagement		
C.						
D.						
E.						
F.						
G.						
H.						
I.						

Key Objective 5:		Training/ Coaching				
Building Block:		Activity				
Sub-Action	Resources Needed	Responsibility & Timeline	Progress Tracking	Target		
A. Recruit volunteer(s) and/ or coach(es) to attend training days	Interested members Booking forms	Recruit by	Confirmation of attendees	At least 1 club member trained		
B. Contact GAA Rounders Official to confirm	Phone number Email address	Confirm by	Texts CC Emails	Partners to provide equipment/ club to provide participants		
D. Recruit delegates to attend for extra support	Venue delegates	Recruit by	Confirmation	Event runs smoothly		
E. Roll out & deliver training	Trained officers Appropriate skills Content material Refreshments	Duration of training	Volunteers to assist with facilitation/ take notes/ observe	Full engagement		
F. Check that volunteer(s)/ coach(es) are confident to deliver training to local team(s)	Evaluation form	Confirm by	Completed form	At least 1 confident coach		
G.						
H.						
I.						



Key Objective 6: Evaluation & Review					
Building Block: Plan					
Sub-Action	Resources Needed	Responsibility & Timeline	Progress Tracking	Target	
A.	Distribute evaluation templates	Distribute after games/ training	Screen evaluation forms	Beneficial programme	
B.	Informal focus group/ feedback from participants	Confirm by	Communication with all involved	Beneficial programme	
C.	Review at AGM	Date of AGM	n/a	Full support	
D.					
E.					
F.					
G.					
H.					
I.					

AREAS OF WORK:

To download specific project plans for each of our areas of work (below) go to www.gaa.ie/community

Areas of work:

- Physical activity
- Healthy Eating
- Mental Fitness
- Gambling, Alcohol and Drug Education
- Personal Development
- Community Development

www.gaa.ie/community
community.health@gaa.ie
#GAAhealth



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