



Saint Moninna's GAC, Killeavy Health and Wellbeing Policy



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

Objectives

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

Alcohol & Drugs

1. The Club has in place a policy to deal with Alcohol & Drug related incidents
2. Club Medal ceremonies for U18s shall not be held where there is an open bar
3. U18's shall not be taken to pubs on the way home from matches or outings
4. Any underage cup the Club wins will not be filled with alcohol
5. Jerseys for underage teams will not carry the sponsorship related to alcohol or its sale
6. The Club will not sell alcohol to anyone under the age of 18
7. Anyone working in the Club bar will have received appropriate training or education

Smoking

1. All indoor areas within the Club are non-smoking
2. There is appropriate signage around the Club to indicate that it is a smoke free environment
3. The Club will not house a cigarette machine
4. Coaches of underage teams are not permitted to smoke during training sessions or matches
5. Smoking is not permitted on the Club pitches

Nutrition

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

Mental Health

1. The Club promotes mental wellbeing by displaying posters and making available leaflets which raise awareness and offer support to those who may need it
2. The Club fosters an inclusive environment by respecting the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion
3. The Club ensures all members sign up to a relevant code of conduct for acceptable behaviour
4. The Club makes available playing or volunteering opportunities for all interested parties
5. The Club links with others in the Community who support the health of members
6. The Club knows of relevant services to which it can signpost members if required
7. The Club makes available training or awareness raising opportunities to members

Road Safety

1. The Club supports and promotes Ulster GAA's Live to Play campaign
2. The Club displays Live to Play campaign posters
3. The Club shares the Live to Play social media messages on its website and facebook pages
4. If needs arise the Club will host a Live to Play education event involving the emergency services

First Aid, Cardiac and Injury

1. The Club has a number of trained first-aiders among its coaches
2. The Club has a defibrillator which is positioned in the home changing rooms and there are a number of trained users (listed alongside the unit and on the Health & Wellbeing Hub)
3. The Club defibrillator is maintained by the Health & Wellbeing Officer every Six months
4. The Club provides all coaches with a first aid kit for their training and matches

Obesity, Heart Health, Diabetes

1. The Club welcomes others from outside its structures to use its facilities to increase physical activity levels
2. The indoor hall is available for use such as aerobics classes, yoga, Pilates, dancing etc.
3. The Club runs an annual family fun day to encourage all ages to get active
4. The Club provides information for members in the way of posters and leaflets on Healthy Living

Cancer Prevention

1. The Club ensures that members are protected from passive smoking by having its indoor areas as non-smoking
2. The Club encourages its members and players to wear sun-screen when playing in warm weather
3. The Club works in association with the Cancer Focus NI and Irish Cancer Society to provide Cancer information talks and has ongoing close links with Action Cancer and 'The Big Bus'

Declaration

This document has been approved by the Club Executive Committee and serves as the Club's Health & Wellbeing Policy statement.

Signed: **Fionnuala O'Neill**
Health & Wellbeing Officer

18.12.14
Date

Signed: **Sean Callan**
Chairman

18.12.14
Date