

Naomh Mochua Doire Nuís GAC



Health & Wellness Policy

Policy Statement

1. Derrynoose GAC values of the health of its players and members and recognises the role it can play in providing opportunities, information and education on a range of health issues.
2. The Club seeks to ensure that the environment, culture and ethos within which it runs its affairs is conducive to the continued good Health of all its members.
3. 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 areas across a range of activities

Smoking

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

Alcohol & Drugs

1. The Club has in place a policy to deal with Alcohol & Drug related incidents.
2. Members of staff will not fill any cup with alcohol.
3. Jerseys for underage teams will not carry the sponsorship of Alcohol or it's proprietors
4. The Club will not sell alcohol to anyone under the age of 18
5. Anyone working in the Club bar will have received appropriate training or education

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 its players via coach advice, Club website, newsletter or talks from experts
5. The Club displays healthy eating posters and leaflets around the facilities.

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First Aid, Cardiac and Injury

1. The Club has 27 trained first-aiders among its coaches
2. The Club has a defibrillator which is positioned in a cabinet in the main car park outside the boiler house.
3. The trained user's details are displayed openly on the notice boards, windows of the club, beside the defibrillator and on the club website.
3. The Club defibrillator is maintained by the Health Officer and is checked every week by those trained.
4. The Club provides all coaches with a first aid kit
5. The Club physiotherapist is Patrick Kelly

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. The club gym is also available for classes
4. The Club runs an annual family fun day to encourage all ages to get active
5. The Club provides information for members in the way of posters and leaflets on Healthy Living and tries to provide a health awareness evening annually

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

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

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Signed: _____
Chairman

Date: _____

Signed: _____
Secretary

Date: _____

Signed: _____
Health and Wellness Officer

Date: _____

This policy will be reviewed May 2021

