



## Club Health & Wellbeing Policy

1. St Johns GAC values of the health of its members and recognises the role it can play in providing opportunities, information and education on a range of health issues.
2. The Club seeks to ensure that the environment, culture and ethos within which it runs 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 professional within the community to best promote the Health Agenda.

The Club has a designated Healthy Club Board displaying current information for members.

### **Objectives**

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

#### ***Tobacco, Alcohol & Drugs***

1. The Club has in place Tobacco, Alcohol & Drug policy
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 cup the Club wins will not be filled with alcohol
5. Jerseys for underage teams will not carry the sponsorship of alcohol or it's proprietors
6. The Club will not sell alcohol to anyone under the age of 18
7. Anyone working in the Club bar will have received appropriate training or education
8. Family events will be alcohol free

#### ***Smoking***

1. All indoor areas within the Club are non-smoking

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

### ***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 adheres to the GAA's Mental Health Charter
2. The Club has appointed (2019) a Mental Health Go To person.....
3. The Club uses first-hand experience from within to help/educate others within the club around Mental Health Issues
4. The Club displays posters and makes available leaflets which raise awareness and offer support to those who may need it
5. The Club fosters an inclusive environment by the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.
6. The Club ensures all members sign up to a relevant code of conduct for acceptable behaviour
7. The Club makes available playing or volunteering opportunities for all interested parties
8. The Club links with others in the Community who support the health of members
9. The Club knows of relevant services to which it can signpost members if required

10. 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 by sharing online materials and social media messages or displaying posters
2. 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 8 number of trained first aiders among its coaches
2. The Club has a defibrillator which is positioned in the clubroom Foyer and the trained users are Brian Maguire, Sonia Mc Kenna, Dr Kevin Ferron
3. The Club defibrillator is maintained by Sonia Mc Kenna bi-monthly
4. The Club provides all coaches with a first aid kit for their training and matches
5. The Club doctor is Dr Kevin Ferron and the physiotherapist is Brian Maguire

### ***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
3. The Club encourages members to participate in activities run by Belfast Parks, Belfast City Council and other external organisations.
4. The Club runs Healthy Club Days to highlight the importance of Health & Well Being for all and showcasing club & community activities.
5. The Club provides information for members in the way of posters and leaflets on Healthy Living
6. The Club uses the services of local GPs, Practice Nurses, The Samaritans and podiatry to provide health information for members.

### ***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 sunscreen when playing in warm weather
3. The Club works in association with the Cancer Focus NI and Irish Cancer Society