



CLUB HEALTH AND WELLNESS POLICY

Policy Statement

1. Cumann Pheadair Naofa 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.
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.
4. In respect of underage activities, the Club adopts the National GAA, Camogie, LGFA, Handball & Rounders Code of Behaviour (underage) and Child Safeguarding Statement.
5. The Club implements a Child Safeguarding Statement and carries out an Annual Risk Assessment of Child Safeguarding.

Objectives

The Club aims to address the following Health areas across a range of activities (adopt or delete as appropriate).

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)

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 cup the Club wins will not be filled with alcohol
5. In approving club sponsors and logos the Senior Management Committee will be conscious of the Club Alcohol and Drugs Policy
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 and education
8. Family events will be alcohol free

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. At Club functions healthy food choices will be provided
6. The Club displays healthy eating posters and leaflets around the facilities



First Aid, Cardiac and Injury

1. The Club has a number of trained first-aiders among its coaches and volunteers.
2. The Club has 4 defibrillators which are positioned in the clubrooms, Pairc Uí Ír, St Marks High school and Milltown playing fields and a number of trained users.
3. The Club defibrillators are maintained on a regular basis.
4. The Club will endeavour to have a first aider with all teams
5. The Club physiotherapist is Michael Walsh
6. The Club emergency dentist is Dr Katrina McKeivitt (Apple Tree Dental Practice)
7. The Club pharmacist is Michael Walsh (Walsh's Pharmacy)

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
5. The Club proposes to use the services of local GPs or Practice Nurses to provide an annual Club & Community Health event

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 proposes to work in association with the Ulster Cancer Foundation to provide Cancer information talks