



## Club Health & Wellness Policy Statement

1. Bredagh 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.
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

Bredagh GAC aims to address the following Health areas across a range of activities;

#### **Smoking**

- Coaches of underage teams are not permitted to smoke during training sessions or matches
- Smoking is not permitted on the Club pitches

#### **Alcohol & Drugs**

- The Club has in place a policy to deal with Alcohol & Drug related incidents
- Club Medal ceremonies for U18s shall not be held where there is an open bar
- U18's shall not be taken to pubs on the way home from matches or outings
- Any cup the Club wins will not be filled with alcohol
- Jerseys for underage teams will not carry the sponsorship of Alcohol or its proprietors
- Family events will be alcohol free



### **Nutrition**

- The Club encourages all players to have their own water bottle
- The Club encourages all players to bring healthy snacks to trainings and matches
- The Club operates a policy of no fizzy drinks, sweets, chocolate etc at trainings
- The Club will provide information on Sports nutrition for it's players via coach advice, Club website, newsletter or talks from experts
- At Club functions healthy food choices will be provided

### **First Aid, Cardiac and Injury**

- The Club provides all coaches with a first aid kit
- The Club encourages all players to complete a cardiac screening questionnaire
- The Club has a defibrillator which is positioned in the Club hall \_\_\_\_\_ and
- the trained users are \_\_\_\_\_  
\_\_\_\_\_
- The Club defibrillator is maintained by \_\_\_\_\_ every \_\_\_\_\_
- The Club doctor is \_\_\_\_\_ and the physiotherapist is \_\_\_\_\_  
\_\_\_\_\_

### **Obesity, Heart Health, Diabetes**

- The Club runs an annual family fun day to encourage all ages to get active
- The Club provides information for members in the way of posters and leaflets on Healthy Living
- The Club uses the services of local GPs or Practice Nurses to provide an annual Club & Community Health Night



**Cancer Prevention**

- The Club encourages it's members and players to wear sun-screen when playing in warm weather

**Declaration**

This document has been approved by the Club Executive Committee and serves as the working equal opportunities document of Bredagh GAC

Signed: \_\_\_\_\_ Date: \_\_\_\_\_ Secretary

Signed: \_\_\_\_\_ Date: \_\_\_\_\_ Chairman

Signed: \_\_\_\_\_ Date: \_\_\_\_\_ Health & Wellbeing Officer