



DOCUMENT TITLE: Health and Wellness Policy

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Health & Wellness Policy

1. Policy Statement

- a) **TEMPO MAGUIRES G.A.C** values of the health of it's members and recognises the role it can play in providing opportunities, information and education on a range of health issues
- b) The Club seeks to ensure that the environment, culture and ethos within which it runs it's affairs is conducive to the continued good Health of all it's members.
- c) It is the aim of the Club to use the skills and expertise of both it's members and professional within the community to best promote the Health Agenda.

2. Objectives

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

a) Smoking

- All indoor areas within the Club are non-smoking
- There is appropriate signage around the Club to indicate it is a smoke free environment
- Coaches of underage teams are not permitted to smoke during training sessions or matches
- Smoking is not permitted on the Club pitches
- Smoking is not permitted in the Club stand (if substantially covered ie with roof, back wall and side walls)

b) 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
- The Club will not sell alcohol to anyone under the age of 18
- Family events will be alcohol free

3. Health & Wellness

a) 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
- The Club displays healthy eating posters and leaflets around the facilities

b) First Aid, Cardiac and Injury

- The Club has trained first-aiders among it's coaches.
- The Club has access to a defibrillator which is positioned in St. Marys Community Centre. The trained users and their contact details are displayed at that location.
- The Club defibrillator is monitored and maintained on a monthly basis.
- The Club provides all coaches with a first aid kit.

c) Obesity, Heart Health, Diabetes

- The Club welcomes others from outside it's structures to use it's facilities to increase physical activity levels
- The indoor hall is available for use such as aerobics classes, yoga, Pilates, dancing etc.
- The perimeter of the pitch is lit and provides a safe walking track
- The Club runs Blood Donation Sessions twice every year for its members and wider public.
- The Club provides information for members in the way of posters and leaflets on Healthy Living

Signed: _____ Date: _____

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Signed: _____ Date: _____

Rúnaí