

C.L.G Watty Graham Health & Wellness Policy

Policy Statement

- 1 C.L.G Watty Graham 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.
2. 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.
3. 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.

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. 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. 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

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

First Aid, Cardiac and Injury

1. The Club has first-aiders among it's coaches
2. The Club has a defibrillator which is positioned in the referees' room._
3. The Club defibrillator is maintained by required dates.
4. The Club provides all coaches with a first aid kit
5. The Club physiotherapist is Donna McNichol

Obesity, Heart Health, Diabetes

1. The Club welcomes others from outside it's structures to use it's facilities to increase physical activity levels
2. The indoor hall is available for use such as aerobics classes, yoga, Pilates, dancing etc.
3. The perimeter of the pitch provides a safe walking track
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

Cancer Prevention

1. The Club ensures that members are protected from passive smoking by having it's indoor areas as non-smoking
2. The Club encourages it's members and players to wear sun-screen when playing in warm weather
3. The Club works in association with the Ulster Cancer Foundation to provide Cancer information talks