



# How to become a Smoke & Vape Free GAA Club:



## Aims:

- To create a smoke and e-cigarette free club environment
- To protect the health of all individuals involved with the club as well as visitors to the grounds by keeping them safe from all smoke related harm
- To positively impact upon smoking behaviour

## Step by step guide:

1. Plan a meeting with your Club Executive to discuss adopting the GAA's Smoke & Vape Free Policy. The GAA's Smoke free Presentation can be used to reinforce the benefits of becoming a smoke free club.

**Resources:** GAA's Smoke & Vape Free Policy & Presentation on [www.gaa.ie/mygaa/community-and-health](http://www.gaa.ie/mygaa/community-and-health)

2. Assess your clubs suitability and how best to progress:

- Complete smoke free club grounds have the greatest outcomes and is the gold standard for clubs.
- In some cases a staggered step by step approach may receive greater adherence (e.g. designated areas to begin with).

3. In partnership with the Club Executive agree on a date when your club will become smoke free and plan for a club launch.

4. Communicate and Promote: a countdown on social media helps raise awareness within the community

5. Obtain clear-cut and easily visible 'No Smoking' signage. Ensure the smoke free signage is erected in all areas of the club grounds

**Resources:** GAA smoke free templates on [www.gaa.ie/my-gaa/community-and-health/](http://www.gaa.ie/my-gaa/community-and-health/)

6. Make contact with local primary school(s)- organise smoke free poster competitions. These posters can be used to promote the club initiative by sticking them up around the club and community.

7. Engage with local smoking cessation partners/services and signpost their resources.

8. On the date agreed to become smoke free invite schools, local groups, smoking cessation officers, guest speakers etc. to launch the initiative.

9. Monitor compliance with the policy.

10. The policy should be reviewed six months after its introduction and then on an annual basis thereafter by an Executive Committee.

