



# RESPONDING TO A CRITICAL INCIDENT

A critical incident is any event that is **outside the range of usual human experience.**

It is an event that causes an unusually **intense stress reaction** which has the emotional power to **overwhelm** an individual's usual ability to cope.

This resource is designed to help you understand:

**WHAT**

to do

**WHO**

should do it

**WHEN**

to act

## **MOST IMPORTANTLY:**

Keep those directly impacted informed and at the centre of all decisions

# CRITICAL INCIDENT RESPONSE (CIR)

## WHAT

## WHO

## WHEN

1

Call a Meeting and review GAA Critical Incident Resources to guide actions

Club Executive / Critical Incident Response Team

24-48 Hours after the incident

2

Report Incident

- County Health and Wellbeing Committee
- County Board
- Community and Health Dept (Croke Park)

24-48 Hours after the incident

3

Nominate a person to liaise with those directly impacted

Someone in club known to the bereaved family / those directly impacted

24-48 Hours after the incident

4

Nominate other roles as necessary, eg:  
• Media Contact

Decided by club executive or Critical Incident Response Team

24-48 hours after the incident

5

Check in on those directly impacted, e.g. gather a bereaved squad in clubhouse for chat

Person designated by club

From time club is informed of incident

6

Keep a log of all events and club actions

- Club Executive & Coaches of impacted squad(s)
- Connect with GAA support network for guidance

24-72 hours after the incident

7

Reflect and Review

Club Critical Incident Response Team

1-3 months after the incident

# CRITICAL INCIDENT RESPONSE (CIR)

## SUPPORT NETWORKS:

- Be reassured of the ability of a club and community to support each other
- Further supports include County Health & Wellbeing Committee; Croke Park
- Signpost those in need of professional help to their GP

## MEDIA ADVICE:

- One person designated to deal with media
- Respect family wishes at all times
- Refrain from speculating on cause of death
- Avoid posting on social media until official notice appears on RIP.ie

SUPPORT NETWORKS

MEDIA ADVICE

## CONSIDERATIONS

CLUB ROUTINES

NORMAL REACTIONS

## CLUB ROUTINES:

- Maintain as many club activities (including training/matches) as practical in aftermath of incident
- Routine is helpful in uncertain times

## NORMAL REACTIONS:

- Critical incidents may cause a range of emotional reactions
- Look after yourself and each other
- You don't have to have all the answers

FOR FURTHER INFORMATION ON THE  
GAA'S CRITICAL INCIDENT RESOURCES

CLICK  
HERE



# USEFUL LINKS / NUMBERS

Click on any of the images below  
for further information

**SAMARITANS**

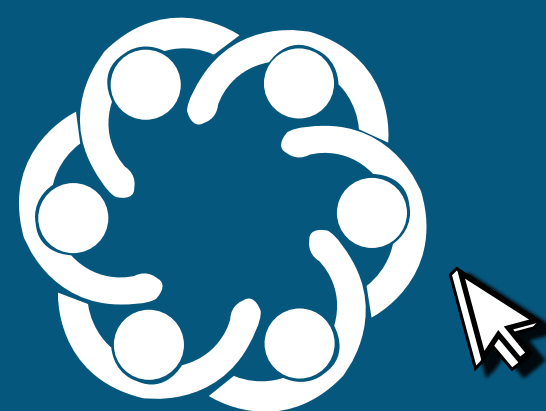
**FREEPHONE: 116 123**

Helpline Service

## REPUBLIC OF IRELAND VISIT:



Your Mental Health



Contact details for HSE Resource  
Officers for Suicide Prevention

## NORTHERN IRELAND VISIT:



Minding Your Head



Helpline Service



Improve Mental Health and Emotional Wellbeing



**WHERE WE ALL BELONG**