

HOW TO BECOME A SMOKE 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/e-cigarette 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/my-gaa/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)

Resources: GAA's Smoke & Vape Free Policy & Presentation on www.gaa.ie/my-gaa/community-and-health/

3. Build relationships with other Healthy Clubs who have successfully implemented the GAA's Smoke & Vape Free Policy

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

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

Resources: Social media, website, newsletter, club notes etc.

6. 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/

7. Seek ambassadors within the club & community who will support the initiative (club/county players etc.)

8. 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. The winner of the competition cuts the ribbon launching the club's smoke free initiative while getting his/her picture taken for the local newspaper

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

- HSE Health Promotion and Improvement Officers
- Health and Social Wellbeing Improvement Officers in the Public Health Agency
- Smoking cessation officers and any other relevant partners
- Local Pharmacies/ GPs/ professionals in the community)

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

Resources: Press release, banners, posters, photographers

11. Invite local media which will raise greater awareness

Resources: Media invite

12. Monitor compliance with the policy.

Designated supervisors can be useful in the initial stages. Breaches tend to be made when visitors are not be aware of the policy

13. The policy should be reviewed six months after its introduction and then on an annual basis thereafter by an Executive Committee representative. This will ensure that the policy is sustained, effective and up to date.

GAA Smoke free clubs in partnership with



Public Health Agency

Tomar Trust

National influence. Local implementation



Irish Life

in the
community