

## **Parteen GAA Club, Clare**

### **Smoke free GAA club**

Parteen GAA club are committed to improving the health and wellbeing of club members as well as members of the wider community. As part of the GAA's Healthy Clubs project the club adopted the Smoke- Free Policy which includes the entire club grounds in May 2016. Parteen GAA are the first club in Munster to implement such a policy and are very proud to be setting such a positive example for clubs around the country.

Speaking about the adoption of the GAA Smoke Free Policy, Parteen's Health & Wellbeing Officer, Karen Williamson said "I personally felt that if we can introduce no smoking in pubs in Ireland, why can't it be done at sporting events as well. We held a wellbeing day in May and then the chairperson of the club signed the contract with the GAA to agree that we would commit to no pitchside smoking."

There are many reasons why the club wanted to introduce the no-smoking ban. Most importantly they wanted to encourage people to give up smoking and wanted to show good role model-ship for the children. "For some people it might just be the last straw that inspires them to quit smoking and also the children will see that it's not acceptable to come to the pitch and smoke," said Ms Williamson, who is the driving force behind the club's health initiatives.

The GAA grounds in Parteen have been signposted to ensure that no one can smoke and that smokers must leave the GAA grounds if they wish to do so. The club has put up some posters up in the club and are receiving more signage from the GAA as part of the Healthy Clubs initiative.

More clubs across Clare, Limerick and Munster are expected to follow suit in the coming weeks and months, as the GAA are encouraging all clubs to go smoke free.