



**FOUNDATION**

**HEALTHY CLUB**

# Foundation Healthy Club Award

## Requirements

### 1. Healthy Club Team

- Appoint a Healthy Club Officer (HCO) & Project Team
- Review the Healthy Club Terms of Reference

### 2. Training & Upskilling

- All team members receive HCO Training (provided online by GAA)
- At least one team member is upskilled in Critical Incidence Response Training (provided online by GAA)

### 3. Club Mapping

- Carry out an internal club mapping exercise
- Helps identify what is already working well, potential areas for improvement, and members that might contribute to the Project team

### 4. Community Mapping

- Carry out a wider community mapping exercise
- Helps identify areas/activities that members and the community would like to see the club focus on during its Healthy Club journey

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### 5. Action Planning & Delivery

Clubs must deliver and report on at least **THREE** initiatives - at least **ONE** from the list of Required Options and at least **TWO** from the list of Additional Options

#### Required Options:

Ireland Lights Up or Steps Challenge or Other Walking Initiative

#### Additional Options (at least 1 must be recurring/ continuous):

Clubs can choose from an exhaustive list of initiatives under each of the priority areas below via <https://healthyclubs.gaa.ie/>. Clubs also have the flexibility to deliver their own be-spoke initiatives



Physical Activity  
& Social Games



Diversity  
& Inclusion



Community  
Development



Mental  
Fitness



Substance Use  
& Gambling



Healthy  
Eating

**Policies to be adopted: GAA's Critical Incidence Response Plan (CIRP) and GAA's Substance Use Policy**

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### 6. Communication

- Host a Local Launch to raise awareness
- Promote Healthy Club activities through all club & local media channels
- Healthy Club signage visible on club grounds
- Issue press release to celebrate Foundation Level Healthy Club award when received from Croke Park

### 7. Reporting & Reviewing

- Clubs must deliver and report on at least **THREE** initiatives - at least one from the Required options and at least two from the Additional options via <https://healthyclubs.gaa.ie/>
- Review success of any actions
- Reflect on what worked well/ not so well