



SILVER AWARD

HEALTHY CLUB

Silver Healthy Club Award

Requirements

1. Healthy Club Team

- Review membership & update Project Team
- Review the Healthy Club Terms of Reference
- Member of Project Team must sit on Club Executive

2. Training & Upskilling

- All team members receive HC Officer Training (provided online by GAA)
- At least one team member is upskilled in Critical Incidence Response Training (provided online by GAA)
- Make available SafeTalk Training to club members (provided by HSE/PHA free of charge)

3. Club Mapping

- Review this exercise & re-focus priorities
- There may be areas / topics that were identified in the initial exercise that the club can now focus on

4. Community Mapping

- Review this exercise & re-focus priorities
- There may be areas / topics that were identified in the initial exercise that the club can now focus on

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5. Action Planning & Delivery

Clubs must deliver and report on at least FIVE initiatives - at least ONE from the list of Required Options and at least FOUR from the list of Additional Options

Required Options:

Ireland Lights Up or Steps Challenge or Other Walking Initiative

Additional Options (at least 2 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 Healthy Eating Guidelines and GAA Smoke & Vape Free Policy

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6. Communication

- Clubs should have at least **ONE** of the following in place & update it regularly:
 - (a) Healthy Club section on their website
 - (b) Healthy Club newsletter
 - (c) Healthy Club presence on club's social media platforms
 - (d) Healthy Club notice board
- Issue press release to celebrate Silver Healthy Club award when received from Croke Park

7. Reporting & Reviewing

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