

Asthma Safe GAA Club Guidelines



Goal

Our club is committed to supporting players with asthma achieve their full potential and be active members of their club.

Guideline Objectives

- To promote the physical safety and wellbeing of all players with asthma
- To facilitate the provision of resources to help players self-manage their asthma.
- To encourage communication with parents/guardians of children with asthma

Members of the GAA with asthma are advised to have a free phone consultation to the Asthma Adviceline (1800 44 54 64) / or text our WhatsApp Nurse Messaging Service (086 059 0132)

Recommendations

Players:

Maintain good asthma control by:

- Taking asthma medication as prescribed.
- Manage asthma triggers.
- Develop an asthma management plan with your healthcare professional

Always warm up before exercising and cool down afterwards.

Always have a reliever inhaler (usually blue or your MART reliever inhaler) prescribed by your doctor with you when you exercise:

- If your asthma is triggered by exercise take your reliever inhaler approximately 15 minutes before warming up

Tell people you have asthma.

- Let your coach/mentor and the people you exercise with know you have asthma.

If your asthma is triggered by pollen, you can:

- Check the pollen forecast on the Asthma Society's website.
- Avoid exercising outside when the pollen count is high.
- Make sure you are taking the right medication to manage your hay fever as well as your asthma.

Parents/guardians:

- Give your child their reliever inhaler to have with them at training and at matches or bring it with you if you are accompanying them
- Instruct your child to take their reliever inhaler 15 minutes before exercise if advised to do so by their doctor
- Do not send your child to training/matches if their asthma is uncontrolled or if they are unwell
- Inform the coach/mentor that your child has asthma

Coaches/mentors

- Know the players who have asthma
- Remind players to pre-hydrate.
- Facilitate players to bring their inhalers & spacers on to the field of play
- Speak to parents/guardians if you have concerns about a child's asthma
- Know the 5-step rule
- It is helpful to have an asthma attack card in your wallet or a 5-step rule graphic on your phone
- Start the session with warm up exercises
- Be aware of asthma triggers e.g. dust, pollen, smoke, cold or dry air and aerosols or scents used in the changing room.
- Good ventilation in changing rooms is helpful
- Be encouraging and supportive
- If a player has symptoms, they can take their reliever inhaler and sit out for 5 minutes until they recover.
- Consider playing positions that are less strenuous
- End the session with cool down exercises

Clubs:

- Display the 5 Step Rule poster in each dressing room/gym/club house
- Accompany a player to hospital in the case of an asthma emergency
- Contact parents/guardians if their child has an acute asthma attack
- Remind coaches/mentors and parents/guardians of the club's asthma guidelines

Monitor and review

These guidelines were approved by the club and reviewed annually or earlier if required

For further information, please visit the Asthma Society of Ireland website and GAA Tobar website.