



# Induction pack for underage coaches

*"You don't scare me I coach GAA"*



## Aghaderg GAC & Ballyvarley HC



A Chara

### Thank you!

I would like to begin by thanking you all for giving up your free time to become a coach and to impress that without your commitment dedication and passion our small club could not exist! Coaching can be the most rewarding of positions but it can also be extremely challenging and we do not under estimate the task at hand.

You have the very difficult task of balancing the needs of children, parents and your own physical health, mental health, family life and the responsibilities of your own employment. Any of these in isolation is commendable, but to somehow merge all of these is a remarkable feat

You play a pivotal role in these underage players lives and you impact them in ways you don't always know. Never underestimate the influence you have and how you are helping to shape their lives.

***"A coach will impact more young people in a year than the average person does in a lifetime"***

As a coach you have many challenges. We are aware that not everyone is a gifted player and they need more nurturing and encouragement than others. Those that present with a natural ability have to be honed and have to learn to listen to instruction and guidance so that they can reach their full potential (not as easy as it seems!)

There will be personality clashes between players (and sometimes coaches) that you somehow must mediate and navigate your way through to the benefit of retaining both player and coach.



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As a coach you have the challenge of:

ensuring everyone has adequate game time to aid their development, regardless of their current abilities. (Remembering children all develop at differing rates and ages. You have the challenge of dwindling numbers due to injuries/exams/loss of interests/ competing sports and teenage pressures and you have the challenge of keeping those children who do show each week, motivated and interested! ..

At times this seems an impossible task especially as we are a small club and large numbers are not a privilege that we can take for granted.

It can be very disheartening for the coaches and keeping the remainder of the team buoyant is a skill in itself. It is at these times that we need to lean on each other and provide support and reassurance

So, whether you are:

- helping someone to reach their full potential
  - helping them simply to work as part of a team
  - building confidence and resilience in the weaker players
  - Or on a practical level just ensuring that there is enough of a team to compete
- , what you are doing for our these children and our club **is incredible** and it is much **appreciated!**

Remember:

***"Fewer things offer greater return on less investment than praise"***

***This is essential for both children and coaches alike!!***



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### Challenges

We are all very aware that coaches who do give up their time are often multi-tasking with other commitments required by the club. The pressure put on their shoulders is not always fair and can lead to burn out. We as a club/ committee are very aware of the need for more coaches and helpers to release the enormity of the pressure and this is an ongoing challenge for all of us.

***"It's impossible" said pride***

***"It's risky" said experience***

***"It's pointless" said reason***

***"Give it a try" said the heart***

We need to encourage people to help out to lessen the burden on our current volunteers and to enable our 4 codes to flourish. There are rewards beyond winning medals and cups. Seeing a child flourish under your leadership is sometimes reward enough!

### **OUR COACH**

LEADS BY EXAMPLE  
**DEDICATED & DETERMINED**  
TEACHES TEAMWORK  
MOTIVATES and LISTENS  
**BUILDS CHARACTER**  
CHALLENGES and DEVELOPS  
Committed to OUR TEAM  
Our **BIGGEST** Fan



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### Purpose of this induction pack

This induction pack has been collated to aide you in understanding the expectations that the GAA require in order for you to legally coach at underage, but also it is designed to equip you with the relevant information and guidance on issues/matters that you are likely to encounter in your role. I have included some of the policies and procedures that I think will be most useful to you in your role as a coach but also I have included a very detailed document that was compiled by personnel within the club to help with promoting mental health and well-being for the benefit of all within the club. I urge you to take the time to read this as it is a very comprehensive piece with useful resources and telephone numbers attached.

I urge everyone to read the policies and procedures relevant to our club. They have been placed in a folder in the kitchen for your convenience and have been uploaded to the website also. It is your responsibility to read these documents and be familiar with the contents as we are dealing with underage players and we **must** ensure that we are all **consistent** in our approach. This induction pack is also uploaded to the website for ease of access.



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### What do I need to do to be able to coach underage players?

1. You need to be vetted by the PSNI.
2. You need to have attended a level 1 safeguarding course.
3. You need to have a foundation qualification in coaching.

### Vetting

The GAA require that every coach is vetted by the PSNI/ Garda. Each coach will be asked to complete an online access NI form which will then be printed off alongside relevant photographic identification and given to the children's officer. The Children's officer will sign it and send it to Ulster GAA for onward processing. Once the person receives notification that no issues of a criminal nature have been identified they will be issued with an access NI certificate number. This certificate is then valid for 3 years at which point it must be renewed. It is worth pointing out that a lot of the coaches will already have been vetted for their own employment and possibly other voluntary roles, but the GAA require that they must also undergo vetting specific to their organisation. The children's officer will hold a record of the date and certificate number of each person vetted but I do recommend that you keep your own just in case (the forms are included in this induction pack for reference purposes only as you must do it online)

#### Note to coaches:

- *Anyone between 16 and 18yrs who wishes to help out with underage players must undergo access NI vetting and is encouraged to attend a safeguarding course (although not compulsory) parental consent forms are included in this pack*
- *Vetting is transferrable among clubs so if a coach is helping out from another club or is transferring, their vetting will stand as long as it is within the 3 years and he/she can provide evidence of same.*



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### Safeguarding

Coaches are expected to attend a face-to-face safeguarding course level 1. (This can be a face-to-face in person or a virtual face-to-face). Only safeguarding courses provided by the GAA are accepted by the GAA (there is a slight exception to this but I would urge everyone just to attend the courses offered by the GAA). A certificate will be issued following attendance at same. This certificate will be valid for 3 years. At the end of the 3 years everyone will be expected to complete a safeguarding refresher module online. This will then be valid for a further 3 years after which the coach must seek out a face-to-face course again, followed then by an online refresher and so the pattern continues

#### Recap:

- **Face to face safeguarding training (in person or virtual)**
- **After 3 years - coach to complete online refresher**
- **After another 3 years - coach to complete face to face .**
- **3 years later online refresher and so on...**

#### Another little note.....

You will be aware of a duty to protect children and all the distressing child abuse statistics and stories that are reported by the media on an almost weekly basis. Please be assured that within the GAA there are very tight structures and policies and procedures to follow and that if you have concerns of a child protection nature, your only responsibility is to record and pass on your concerns. **You are not expected to investigate!**



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### Coaching qualification

Finally, each coach is expected to have attained at a minimum, a foundation qualification in coaching. The Coaching Development officer within the club will provide coaching opportunities throughout the year and is open to suggestions to further developing coaching skills. Developing and fine tuning skills is always to be encouraged but for the purpose of minimum GAA requirements, no refresher course is required. **1 is enough!**

It is the responsibility of the Club's children's officer to keep a record of all the coaches relevant qualifications, certificate dates and numbers. These are currently held within an excel document and updated accordingly as vetting is renewed, qualifications updated etc ... **The information that is held is only as good as the information given.** It is the responsibility of the code secretaries to provide the children's officer with this information.



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### **A little bit of non coaching background information just to know!**

- In order to run a club there is a committee and various sub committees. Members have specific roles and responsibilities to keep this club operational. They meet every month to update and discuss relevant topics of interest to the club. There are minutes taken for each of these meetings and these can be made available if required.
- In addition to monthly committee meetings there is an AGM held each year. Everyone is always encouraged to attend and it is a great opportunity to hear what has been going on in the club in the past year. It is at this meeting that the executive committee is reconstituted. A list of committee members is available on the club website. However, if anyone is interested in non-executive positions, they can approach the committee at any time throughout the year. We are always in need of volunteers to help us drive our club forward.
- For a more comprehensive read of the policies and procedures relevant to our club There is a folder located in the kitchen for everyone to view and these have also been uploaded to our website for ease of access.
- There are risk assessments completed bi- annually by the committee and our records are checked by the GAA on an ongoing basis to that we are compliant with all their requirements. These measures are in place to safeguard the entirety of the club

Sometimes we can all feel that we are working in isolation and that we are not aware or made aware of the bigger picture of what is going on from a club perspective, but please know that there are people working tirelessly behind the scenes to keep this



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club afloat in terms of finances, fundraising, cultural development, coaching development, infrastructural development and so much more.

In many ways we are punching well above our weight. We are a small club with great initiatives, ideas and achievements to date. There is obviously a lot more to do and we need more people to do it, but we are definitely moving in the right direction.

For everyone who gives up their time and is committed to the development of this club, we thank you!

***"There is an old saying about how the strength of the wolf is the pack.... It's not the strength of the individuals but the strength of the unit and how they all function together"***



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The induction pack will include the following:

- A job description of a coach for underage players, which should ideally be signed and dated.
- A mentor application form to be completed (aged between 16-18yrs) as parental consent is required for vetting and attendance at safeguarding courses.
- A coach's code of conduct which is included in the GAA code of behaviour (underage).
- Parents and spectators code of conduct.
- Youth players code of conduct (all of these are included in the GAA code of behaviour (underage)).
- Guidance on accident and incident reporting inclusive of the relevant forms to be used when recording relevant information.
- Guidance on hosting an event (as per GAA code of conduct underage)
- GAA adult – child supervision and coaching ratios
- Guidance on underage players with a medical condition.
- Guidance on use of photography, social media, phones, transporting children, texting and away trips
- Changing room policy.
- Social media policy.
- Anti-Bullying policy.
- A template of the vetting form to be completed so that people can see what is expected of them when they fill it in online.
- And finally information pertaining to mental health and well-being to help you in your role inclusive of useful telephone numbers and resources.



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**Coach me and I will  
learn**

**Challenge me and I  
will grow**

**Believe in me and I  
will win**



# Aghaderg GAC & Ballyvarley HC CLG

## Dearg-Bhaile an Mhéirligh



Runai: -Donal Moran Aghaderg GAC & Ballyvarley HC, Scarva Road, Banbridge, Co. Down BT32 3QL.

## ROLE DESCRIPTION: UNDERAGE PLAYERS'

### COACH

The Underage Players' Coach of Aghaderg GAC & Ballyvarley HC role description:

#### Head Coach

- To draft up to date list of players at the respective age group. Maintain an attendance register at all training sessions and games.
- Implement effective communication system to inform parents/players of practice and games
- Knowledge of Long Term Player Pathway and what is appropriate for their team age group
- Plan and implement an annual coaching plan detailing key actions over a 12 month period. Provide a structured coaching programme of progressive and inclusive sessions as determined by the governing body with Club Coaching Officer approval.
- Represent age group at club coaching meetings and monitor fixtures and fixture changes
- Communicate effectively with club coaching officer, club coaching administrator, other head coaches, children's officer, equipment coordinator, assistant coaches, parents and players
- Delegate responsibility of coaching and other duties to assistant coaches and parent helpers
- Monitor coaching sessions to ensure they are Fun and challenging and that players have an environment to develop and progress
- Coordinates transport for players to get to games as required
- Attend coach education opportunities as outlined by Club coaching officer

#### Assistant Coach

- To provide assistance to head coach at coaching sessions and games
- Role in planning coaching sessions and content with Head Coach
- Active role in delivering coaching at each session as agreed with Head Coach
- Attend coach education opportunities as outlined by Club Coaching Officer eg. safe-guarding
- Assist Head coach in coordinating transport and communicating with parents/players
- Compiling statistics and producing match reports for Head coach and Club PRO

NAME : \_\_\_\_\_ was approved as under-age coach on    /    /   

A six week probationary period will be completed on    /    /   .

Declaration : I agree to abide by the coaching best practice guidelines in CODE OF BEST PRACTICE IN YOUTH SPORT, OUR GAMES-OUR CODE available to view at <https://www.gaa.ie/the-gaa/childwelfare-and-protection>

SIGNED : \_\_\_\_\_ COACH.

SIGNED : \_\_\_\_\_ SECRETARY.

ROLE END DATE :    /    /   .

# COACH & VOLUNTEER APPLICATION FORM

1 Surname: \_\_\_\_\_ Forename: \_\_\_\_\_

Previous name (if any): \_\_\_\_\_

2 Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Email: \_\_\_\_\_

Home telephone number: \_\_\_\_\_ Mobile number: \_\_\_\_\_

3 Role applied for? \_\_\_\_\_ Club \_\_\_\_\_

## 4 Child Safeguarding Vetting, Training and Coaching Qualification

Have you completed the vetting process in accordance with Association procedures?

☐ Yes ☐ No

Have you attended Child Safeguarding Training relevant to your role as approved by your Association?

☐ Yes ☐ No

Do you possess a coaching qualification as required by your Association for your role?

☐ Yes ☐ No

## 5 Please outline why you wish to become involved in our club?

Please give details of any previous involvement in sports including coaching experience and relevant qualifications:

## 6 Do you suffer from any illness or medical condition which may at times affect your ability to work with young people in this role? If so, please give details:

## 7 Have you ever been asked to terminate your involvement in any Sporting or Community Organisation? (If yes we will contact you in confidence):

☐ Yes ☐ No

## 8 Please supply the name, address, and a contact telephone number of two people (non-relative), who from personal knowledge are willing to support your application. If you have a previous involvement in a sports organisation one of these two named person (below) should be from that sports organisation

Name 1: \_\_\_\_\_ Name 2: \_\_\_\_\_

Address: \_\_\_\_\_ Address: \_\_\_\_\_

Tel No: \_\_\_\_\_ Tel No: \_\_\_\_\_

Professional Relationship with Referee: \_\_\_\_\_ Professional Relationship with Referee \_\_\_\_\_

### Declaration:

- I confirm that nothing within my personal or professional background may deem me unsuitable for a position which involves working with children/young people in sport.
- I declare that the above information is true and agree to abide by The Code of Behaviour (Underage) when working with underage players
- I agree to abide by the Rules of the Association.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

This form should be returned to and retained by the Club Secretary or Registrar.

### FOR CLUB USE ONLY

Checked by phone ☐ Visit ☐ Letter ☐ Date: \_\_\_\_\_

Checked by: \_\_\_\_\_

Signed: \_\_\_\_\_



## **Aghaderg GAC & Ballyvarley HC CLG**

### **Achadh Dearg-Bhaile an Mhéirligh**

Aghaderg GAC & Ballyvarley HC, Scarva Road, Banbridge, Co. Down BT32 3QL

## **GUIDELINES FOR MANAGING AND REPORTING ACCIDENTS / INCIDENTS**

In the event of an accident the following procedure will be followed:

- Provide First Aid if required as per First Aid Training
- Contact parents/guardians in the event of all accidents
- Fill in the First Aid Treatment Log for all First Aid Treatment provided kept in Treatment Log Folder
- Complete an Incident/Accident Form for ALL accidents. Submit to Children's Officer for further action/filing with Secretary as necessary

For more serious accidents:

- Contact Emergency Services/G.P. if necessary
- Record detailed facts surrounding accident, witnesses etc.
- Complete Incident/Accident form as above
- All serious accidents should be reported through County Secretary to Croke Park

## **GUIDELINES FOR REPORTING ALLEGATIONS/INCIDENTS**

- Record all incidents reported or observed on an Incident/Accident form, forward to the Children's Officer, Roisin Keenan (contact by email)
- For allegations/incidents related to Child Protection issues, record on an Incident/Accident form and forward to Designated Person.
- Ensure confidentiality – a 'need to know basis'
- The Designated Person is responsible for report security
- Adhere to GAA Guidelines for Dealing with Allegations of Abuse



# **Aghaderg GAC & Ballyvarley HC**

## **CLG Achadh Dearg-Bhaile an Mhéirligh**



### **INCIDENT/ACCIDENT REPORTING FORM**

**This form should be used for each occasion of**

- Accidental fall/injury
- Aggressive behaviour
- Verbal abuse
- Destruction of equipment or property (or threats of)
- Physical assault (or threats of)

<b>Name of person completing this form:</b>
<b>Role/Position of person completing this form:</b>
<b>Signature of person completing this form:</b>
<b>Date:</b>

### **INCIDENT/ACCIDENT**

<b>Date and time of incident:</b>
<b>Name/s of person/s involved in the incident and their Clubs/Associations:</b>
<b>What activity was taking place when the incident occurred?</b>
<b>Description of incident:</b>
<b>What action, if any, did Club personnel take during or after the incident?</b>

Witnesses (include contact details):

**REPORTING OF THE INCIDENT TO CLUB/ASSOCIATION**

Incident Reported to:	Date:
How was the incident/accident reported? e.g. using this form, in person, email, phone.	

**FOLLOW UP ACTION**

Description of actions to be taken:

**CLUB/ASSOCIATION NOTES ONLY:**



## **Aghaderg GAC & Ballyvarley HC**

### **Underage Player Medical Condition Guidance for Coaches.**

Each coach should be aware of any special medical or dietary requirements of players as indicated in the registration forms or as advised by parents/guardians. The Club Registrar advises the Children's Officer of any medical conditions reported on the registration forms. The Children's Officer then provides this information on a need to know basis only to the Coaches of the particular code and age group of the child along with any special instructions and parent/guardian emergency contact details.

Be willing to keep the necessary and emergency medication of players in a safe and accessible place in accordance with the wishes and permission of the parents/guardians. Do not administer medication or medical aid unless you are willing to do so and have received the necessary training to administer such aid.

Ensure adequate First Aid provision and that another official/referee/team mentor is present, when player is being attended to, and can corroborate the relevant details if necessary.

Do not encourage or permit players to play while injured.

Always inform parents/guardians if child has been injured or become unwell at games or training.

[illegible]

January 2023

A chara,



As part of Ulster GAA Safeguarding and Vetting Policies and to comply with current Safeguarding Legislations, all personnel working with children under 18 or vulnerable groups within our counties and clubs must be appropriately vetted prior to commencement of their role.

To ensure compliance with the legislation under The Protection of Children and Vulnerable Adults (N.I.) Order 2003, the 2007 Safeguarding Vulnerable Groups (NI) Order and the The Protection of Freedoms Act 2012, it has been our policy from the 1<sup>st</sup> April 2008 to ask for the relevant Enhanced Disclosure Application to be carried out by AccessNI. This check will enable Ulster GAA to ensure there is no known reason that should prevent those individuals from working with Children and/or Vulnerable Groups.

To fulfil the GAA Safe Recruitment Policies it is necessary that all personnel working with Children and /or Vulnerable Groups shall be classified as unsupervised and should apply as such. All activity involving a Child and/Vulnerable Group will be deemed as training or coaching regardless of the specific role being undertaken by the individual insofar that they are directly accessible to Children and/or Vulnerable Groups.

The Enhanced Disclosure check will tell us: if you have a criminal record; if your name is included on the Disclosure and Barring Scheme (DBS) list of individuals barred from engaging in regulated activity with children; or if relevant the DBS list of individuals barred from engaging in regulated activity with adults; and any other information held by the authorities that may be relevant to the position applied for.

A copy of your disclosure certificate will be returned directly by AccessNI to you and you will be requested to send this to us if there is information on your certificate. You will hear from us when your certificate has been issued with further instructions. Any information received will be treated confidentially, and recruitment decisions will be made with discretion by Ulster GAA case management team. Should we need to speak to you regarding any information received we will do so without delay.

A copy of your Ulster GAA Acceptance letter will be sent via email to you and copied to your club secretary when your application has been accepted.

In order for us to comply with the relevant legislation we request that the attached form is completed and returned via the Club nominated officer to: [accessni.ulster@gaa.ie](mailto:accessni.ulster@gaa.ie) or in hard copy via: the Safeguarding Manager: **Ulster GAA CLG, 8-10 Market Street, Armagh, BT61 7BX, marked confidential.**

We would request that this matter be treated as a matter of urgency.

Is mise, le meas,

**Bearní Ní Sionnaigh**

Safeguarding Manager

Ulster GAA

## ACCESSNI ENHANCED DISCLOSURE CERTIFICATE

### PIN NOTIFICATION AND ID VALIDATION FORM – VOLUNTEERS

Before completing this form if you wish to discuss any concerns you may have you can contact the Safeguarding Manager on 07920429205.

Applicants Name: \_\_\_\_\_

10 Digit Reference Number:

Contact Number / Email: \_\_\_\_\_

Club Name: \_\_\_\_\_ Position in Club: \_\_\_\_\_

Organisation: GAA Camogie Ladies Football Rounders Handball Scór

(Please circle all codes that apply)

Is this a voluntary position? Yes ☐ No ☐

The position you are applying for requires you to be engaged in regulated activity as defined by the Safeguarding Vulnerable Groups Order (NI) 2007. This requires you to undertake an enhanced AccessNI disclosure check which will also include a barred list check. Is there any reason you are aware of that would prevent you from working with children or vulnerable groups?

Yes ☐ No ☐

Applicants Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I confirm that I have verified the ID Documents attached to this cover form in line with guidance provided:

Club Officer Name: \_\_\_\_\_ Position: \_\_\_\_\_

Club Officer Signature: \_\_\_\_\_ Date: \_\_\_\_\_

#### Data Protection

AccessNI is registered with the Information Commissioner and data supplied by you on this form will be processed in accordance with the provisions of the Data Protection Act 2018. Access NI Privacy Notice can be accessed by visiting <https://www.justice-ni.gov.uk/sites/default/files/publications/justice/accessni-revised-privacy-notice-3-May-2018.pdf>

Data supplied by you on this form will be processed in accordance with the Data Protection Act 2018. Ulster GAA and Access NI are Joint Data Controllers of the personal data provided on this form. The personal data provided on this form is used for the purpose of carrying out a disclosure check including a barred list check which you are legally obliged to undertake prior to engaging in regulated activity as defined by the Safeguarding Vulnerable Groups Order (NI) 2007. Your personal data can be accessed by Ulster GAA, your County's GAA, your Club and Access NI. Your personal data will be stored securely by Ulster GAA for 125 years. If you require further information, please contact the GAA's Data Protection Officer at [dataprotection@gaa.ie](mailto:dataprotection@gaa.ie). Should you wish to make a complaint or report a breach, you can do so by emailing the Data Protection Commission at [info@dataprotection.ie](mailto:info@dataprotection.ie) or by contacting the Information Commissioner's Office at [ico.org.uk/livechat](https://ico.org.uk/livechat), or 0303 123 1113."

The details provided on this Form may be referred by AccessNI to Government data sources specified in the Police Act 1997 (as amended) for matching purposes. Where a match is found data may be released to AccessNI for inclusion on the Disclosure Certificate. The details provided may also be used to update data source records where necessary, and they may also be used to confirm identity against external data sources using an electronic authentication product.

For further guidance please refer to the Ulster GAA E-Vetting Guidance Document. **If you have any problems creating your NIDA account or linking your AccessNI account to your new NIDA account please contact AccessNI on 0300 200 7888.**

## Applicant instructions

1. Go to [www.nidirect.gov.uk/apply-for-an-enhanced-check-through-a-registered-body](http://www.nidirect.gov.uk/apply-for-an-enhanced-check-through-a-registered-body)
2. Select the green button to Create or log in to a nidirect account or apply for an enhanced check

If you created an AccessNI account before 17 July 2018, you can no longer use this to apply for a check. You must create an NIDirect Account (NIDA) and log in to apply. You can then link your AccessNI account to your NIDA.

To create your NIDA account, simply click on the Create account button on the log on page (Step 1) and enter your details on the Capture contact details.

For existing AccessNI account users, for convenience, AccessNI would suggest that you use the same email address and password that you used for your previous AccessNI account log on details. **[keep these details safe as you will need them to track the progress of your case].**

3. Once you have successfully logged in, you will be taken to the on-line **Enhanced** Disclosure application.
4. Enter the PIN number below at **Step 1** of the form completion  

5	4	0	1	0	1
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5. Complete the remainder of the form and click on **confirm and proceed** to finish the on-line process. **Please ensure you include ALL forenames, including middle names.**
6. You must note below the 10-digit AccessNI reference number in the box on page one of this form -
7. Return this form to the Club Nominated Officer or the person who asked you to complete the AccessNI application.

Failure to complete the Form correctly may result in a delay with your online application or the form being rejected. There is no fee for checks on volunteers however if it is a position of paid employment or where exclusions apply as outlined by AccessNI ([www.nidirect.gov.uk/accessni](http://www.nidirect.gov.uk/accessni)) then a fee will be charged.

- Appropriate photocopies of Identity Documents must be submitted along with this form. Please note that the acceptable forms of ID has now changed and you should follow the guidance overleaf
- Completed forms must be returned to your **Club Nominated Officer** who will verify your ID and send to: the Safeguarding Manager **Ulster GAA, 8-10 Market Street, Armagh, BT61 7BX, marked confidential**

## Identity validation

Three documents should be produced in the name of the applicant; **one from Group 1 and two from 2a or 2b**. At least one document must show the applicant's current address. If this is not possible, then **four documents from Group 2a and 2b** should be produced, one of which being a birth certificate issued after the time of birth. One document must show the applicant's current address.

### GROUP 1 : Primary identity documents

- |  |   |
|--|---|
| <input type="checkbox"/> Current passport (any nationality)                                    | <input type="checkbox"/> Original birth certificate (UK, Isle of Man and Channel Islands including those issued by UK authorities overseas, for example embassies, High Commissions and HM Forces) issued with 12 months of birth |
| <input type="checkbox"/> Biometric Residence Permit (UK)                                       | <input type="checkbox"/> Original long form Irish birth certificate –issued at time of registration of birth (Ireland)  |
| <input type="checkbox"/> Current driving licence (UK, Isle of Man, Channel Islands or Ireland) | <input type="checkbox"/> Adoption certificate (UK, Channel Islands or Ireland)  |

### GROUP 2a : Trusted government documents

- |   |  |
|---|--|
| <input type="checkbox"/> Birth certificate (UK, Isle of Man, Channel Islands or Ireland) issued after time of birth | <input type="checkbox"/> Electoral ID card (NI only)   |
| <input type="checkbox"/> Marriage / Civil Partnership Certificate (UK, Channel Islands or Ireland)                  | <input type="checkbox"/> Current driving licence photocard, full or provisional (All countries outside of the UK (excluding Isle of Man and Channel Islands)   |
| <input type="checkbox"/> HM Forces ID card (UK)   | <input type="checkbox"/> Current driving licence full or provisional paper version (if issued before 1998) (UK, Isle of Man, Channel Islands and Ireland)  |
| <input type="checkbox"/> Firearms licence (UK, Channel Islands or Isle of Man)                                      | <input type="checkbox"/> Immigration document, visa or work permit (Issued by a country outside the UK. Valid only for roles whereby the applicant is living and working outside of the UK. Visa/permit must relate to the country in which the role is based) |

### GROUP 2b : Financial and social history documents

- |   |  |
|---|--|
| <input type="checkbox"/> Mortgage Statement (UK or Ireland)   | <input type="checkbox"/> Land and Property Services rates demand (NI only) |
| <input type="checkbox"/> Financial statement, for example ISA, pension or endowment (UK or Ireland) | <input type="checkbox"/> Council tax statement (UK and Channel Islands)    |
| <input type="checkbox"/> P45 or P60 statement (UK or Channel Islands)                               |  |

#### Above documents must be issued within the last 12 months

- |   |  |
|---|--|
| <input type="checkbox"/> Credit card statement (UK or Ireland)  | <input type="checkbox"/> Bank or building society account opening confirmation letter (UK) |
| <input type="checkbox"/> Bank or Building society statement (UK, Channel Islands or Ireland)  | <input type="checkbox"/> Utility bill (not mobile phone) (UK or Ireland)                   |
| <input type="checkbox"/> Bank or Building society statement (Countries outside the UK) (Branch must be in the country where the applicant lives and works)  | <input type="checkbox"/> Benefit statement, for example Child Benefit, Pension, etc (UK)   |
| <input type="checkbox"/> Central or local government, government agency, or local council document giving entitlement, for example from the Department for Work and Pensions, the Employment Service, HMRC (UK and Channel Islands) |  |

#### Above documents must be issued within the last 3 months

- |  |  |
|--|--|
| <input type="checkbox"/> EEA National ID card  | <input type="checkbox"/> Cards carrying the PASS accreditation logo (UK, Isle of Man and Channel Islands)  |
| <input type="checkbox"/> 60+ or Senior (65+) SmartPass issued by Translink (NI)      | <input type="checkbox"/> Letter from head teacher or further education college principal (UK for 16 -19 year olds in full time education – only used in exceptional circumstances if other documents cannot be provided) |
| <input type="checkbox"/> yLink card issued by Translink (NI)                         |  |
| <input type="checkbox"/> Irish Passport Card (Cannot be used with an Irish passport) | <input type="checkbox"/> Letter of sponsorship from future employment provider or voluntary organisation (Non-UK only - valid for applicants residing outside UK at time of application)                                 |

#### Above documents must be valid at the time of checking



# AccessNI

## Parent/Guardian Consent Form

I \_\_\_\_\_

Of \_\_\_\_\_

(Address)

Being the \_\_\_\_\_  
Mother/Father/Guardian

Of \_\_\_\_\_  
Name of Application for AccessNI

Date of Birth \_\_\_\_\_

do hereby consent for AccessNI to conduct a vetting check in respect of the above named and to furnish Ulster GAA, a registered Umbrella Body with AccessNI, with a statement that there are no convictions recorded against him/her.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_



## **Gaelic Games Safeguarding 1 Workshop**

### **Parental/Guardian Consent Form**

I, the parent/guardian of \_\_\_\_\_ hereby permit my son/daughter, who is over 16 yrs of age and under 18 yrs of age, to attend the Gaelic Games Safeguarding 1 Workshop on \_\_\_\_\_ at \_\_\_\_\_.

I understand that this workshop is a Safeguarding 1 Workshop that complements the Gaelic Games Associations' Code of Behaviour (Underage) and is endorsed by Sport Ireland for person working with children in our Associations.

**Parent/Guardian**

\_\_\_\_\_

**(BLOCK CAPITALS)**

**Parent/Guardian**

\_\_\_\_\_

**(BLOCK CAPITALS)**



**Virtual Safeguarding 1 Workshop, Páirc an Chrócaigh, Baile Átha Cliath 3**



## Aghaderg GAC & Ballyvarley HC



### **POLICY ON PHOTOGRAPHS AND IMAGES OF CHILDREN**

There are concerns about the risks posed directly and indirectly to children and young people through the use of photographs on sports websites and other publications. Photographs can be used as a means of identifying children when they are accompanied with personal information – this is X who lives at y, is a member of the z gymnastics club and who likes a certain music group. This information can make a child vulnerable to an individual who may wish to start to “groom” that child for abuse. Secondly the content of the photo can be used or adapted for inappropriate use. There is evidence of this adapted material finding its way onto child pornography sites.

To increase the awareness of the potential risks and reduce the potential for misuse of images Aghaderg GAC & Ballyvarley HC Club will:

- Consider using models or illustrations if you are promoting an activity.
- Avoid the use of the first name and surname of individuals in a photograph. This reduces the risk of inappropriate, unsolicited attention from people within and outside the sport.

#### **Guidance:**

- If the child is named, avoid using their photograph.
- If a photograph is used, avoid naming the child.
- Ask for the child's permission to use their image. This ensures that they are aware of the way the image is to be used to represent the sport. A Child's Permission Form is one way of achieving this.
- Ask for parental permission to use an image of a young person. This ensures that parents are aware of the way the image of their child is representing the sport. A Parental Permission Form is one way of achieving this.
- Only use images of children in suitable dress to reduce the risk of inappropriate use.
- With regard to the actual content it is difficult to specify exactly what is appropriate given the wide diversity of sports. However there are clearly some sports activities swimming, gymnastics and athletics for example when the risk of potential misuse is much greater than for other sports. With these sports the content of the photograph



## Aghaderg GAC & Ballyvarley HC



should focus on the activity not on a particular child and should avoid full face and body shots. So for example shots of children in a pool would be appropriate or if poolside, waist or shoulder up.

- Create a recognised procedure for reporting the use of inappropriate images to reduce the risks to children. Follow your child protection procedures, ensuring both your sports child protection officer and the Social Services and/or Police are informed.

### **Aghaderg GAC & Ballyvarley HC has:**

- Established the type of images that appropriately represent the sport for the Web and other media.
- Thought about the level of consideration we give to the use of images of children in other publications, for example, the processes involved in choosing appropriate images for the newsletter or magazine. Apply an increased level of consideration to the images of children and young people used in the web site.

### **Guidelines for Use of Photographic Filming Equipment at Sporting Events**

#### **Aghaderg GAC & Ballyvarley HC will:**

- Provide a clear brief about what is considered appropriate in terms of content and behaviour.
- Issue the official photographer with identification which must be worn at all times.
- Inform children and parents that a photographer will be in attendance at an event and ensure they consent to both the taking and publication of films or photographs.
- Not allow unsupervised access to children or one to one photo sessions at events.
- Not approve/allow photo sessions outside the events or at a child's home.
- Ensure that if parents or other spectators are intending to photograph or video at an event they should also be made aware of your expectations.
- Ask spectators to register at an event if they wish to use photographic equipment.
- Inform children and parents that if they have concerns they could report these to the organiser.
- Encourage anyone with concerns regarding inappropriate or intrusive photography to report these to the event organiser or official and recorded in the same manner



## Aghaderg GAC & Ballyvarley HC



as any other child protection concern.

### PHOTOGRAPHS AND IMAGES OF CHILDREN PARENT/CARER CONSENT FORM

Aghaderg GAC & Ballyvarley HC feel that it is important to recognise the achievements and successes of our youth and of the club as a whole. One of the ways to do this is to publish photographs and details of achievements in our local press. As a club we would like to use pictures of our youth members in the local press and at times, on the club website.

We take the issue of child safety very seriously and this includes the images of the children in our care. Our duty to our young members is paramount and this form of publicity must be carefully monitored to ensure that it is consistent with our Child Protection Policy and the Data Protection Legislation.

For this reason we have put the following guidelines into place:

- We ask parental consent for the club to take and use photographs of their children and for permission to use the press and media to promote the youth programme.
- Photographs and interviews will at all times take place in the presence of a coach.
- We will only use team photographs and action photographs on our website.
- Action and individual photographs will only be used, with individual parental consent, prior to the inclusion on the club website or in the local press.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_ Secretary

Signed: \_\_\_\_\_ Date: \_\_\_\_\_ Chairman

Signed: \_\_\_\_\_ Date: \_\_\_\_\_ PRO



## Aghaderg GAC & Ballyvarley HC



### Appendix 1 POLICY ON PHOTOGRAPHS AND IMAGES OF CHILDREN

#### Parental Consent form for Photographs

I have read the conditions of use and consent to my child/children photograph being used. If there is any change to my decision, I will inform the club.

Name of child/children: \_\_\_\_\_

Name of parent/guardian: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## Aghaderg GAC & Ballyvarley HC



### **Policy on texting/emailing information to underage players**

Aghaderg GAC & Ballyvarley HC adopts the GAA good practice recommendations on the use of text messages or emails when passing on information for the attention of underage players.

When Club members pass on information regarding games, training or other activities for the attention of our underage players we will do so via group texts and these group texts should be sent to the parents of underage players. The same good practice guidance applies when using emails. The team Coach, Club Registrar or the Club Rúnaí should obtain these relevant contact numbers/emails when an underage player is being registered on an annual basis. This recommendation only applies to underage players i.e. under 18 year of age.

#### **Exceptions to the policy on texting**

If, for whatever reason, a parent/guardian insists or requests that the information is sent directly by the club to their child and gives this request in writing the club may, if they so wish, accede to this request. However, if the club accedes to the request the information can only be sent as part of a group text and cannot be communicated individually to the underage player. A parental or guardian request to have such information sent directly to their child may be refused by the Club in the interest of good practice.

Aghaderg GAC & Ballyvarley HC would regard the individual texting of an underage player by their coach or mentor as being inappropriate and unacceptable.

#### **How do we interpret an underage player?**

An under age player is a person who is eligible to play in a game or event for persons under 18 years of age. Legislation also defines a child as any person under 18 years of age and parents/guardians therefore have a particular level of responsibility for their child's welfare while they remain under 18 yrs of age. (We use the terms child and young person frequently when we refer to underage players.)



## Aghaderg GAC & Ballyvarley HC



### Texting county underage development squads and minor squads?

The recommended group text mechanism is still preferred but if you have parental/guardian permission to group text underage players you may avail of this option.

### What if an underage player is on the club's senior panel?

The same recommendation applies and parental/guardian permission must be sought if you wish to directly communicate with the young person as part of a group text scheme.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_ Secretary

Signed: Derive McPhee Date: 4/7/23 Chairman

Signed: Róisín Keenan Date: 4/7/23 Children's Officer



# Aghaderg GAC & Ballyvarley HC



Runai [REDACTED] Aghaderg GAC & Ballyvarley HC, Scarva Road, Banbridge, Co. Down BT32 3QL  
Tel/Fax [REDACTED]

## Changing Room Policy.

Coaches should ensure that all dressing room and general areas, both Home and Away, that are occupied by your players and other Club personnel, are kept clean and not damaged in any way.

Changing rooms should be locked during training sessions and matches.

No adults are allowed access to changing rooms whilst in use by underage players, other than coaches where necessary, and coach should always be accompanied by another coach/mentor.

No children are allowed access to changing rooms when in use by adult teams, the exception being where an underage player is part of an adult team. In this instance the agreement of parents/guardians should be sought when their sons/daughters are invited into adult squads. Boundaries of behaviour in adult groups are normally different from the boundaries that apply to underage teams and squads.

A sign on the door should be used to clearly identify when dressing rooms are in use by underage players.

Mobile phones should not be used within changing rooms. No videos or photographs should be taken. Mobiles should be kept in kit bags. Underage players should seek permission from coach before using their mobile.



Runáil [REDACTED] Aghaderg GAC & Ballyvarley HC, Scarva Road, Banbridge, Co. Down BT32 3QL.



Tel/Fax: [REDACTED]

# Aghaderg GAC & Ballyvarley HC

## Under-Age Social Media & Mobile Phone Use Policy.

Coaches should not communicate individually with underage players via social network sites and or apps/Group texts/emails.

Text messaging or email can be used to communicate with parents/guardians re times of training/matches etc. The Club Registration form contains written consent from parents to be contacted via this method.

Coaches should not remove parents/guardians from group messaging systems. It is their responsibility to remove themselves if necessary.

Underage players older than 16years, playing on adult teams, may be contacted directly through player messaging formats listed above with the written consent of their parents.

Coaches should not engage in communications with underage players via social network sites.



## Aghaderg GAC & Ballyvarley HC



### **GUIDELINES ON TRANSPORTING A CHILD OR YOUNG PERSON IN YOUR CAR**

The issue of transporting children has become very sensitive for sports leaders and parents. Many coaches argue that their club could not operate without the goodwill of volunteers and parents ensuring that children are returned home or transported to events in a private car.

Guidance from the Sports Council for Northern Ireland encourages coaches not to take children on journeys alone in their car. This view has been taken as our knowledge has grown of how those who want to harm children has developed. The vast majority of coaches and volunteers will help out through their genuine desire to see children or their particular sport develop. Unfortunately, we must face the reality that a minority of others will join a sports club to gain access to children and create an air of acceptability about their role, justifying their close contact with children.

Best practice is clearly to avoid transporting a child alone, but we recognise that in some circumstances it is an essential part of a child's participation in training and competition.

If all alternatives have been exhausted and an adult has to transport a child there are a number of safety measures that Aghaderg GAC & Ballyvarley HC recommend should be put in place to minimise the risk:

- The driver like all coaches/volunteers who have access to children in our organisation should have agreed to a Pre-employment Consultancy Service check being carried out on them. The club should also have sight of the driver's licence to ensure there are no endorsements.
- Parents should be informed of the person who will be transporting their child, the reasons why and how long the journey will take.
- A person other than the planned driver should talk to the child about transport arrangements to check they are comfortable about the plans
- The driver (and club) must ensure that they have insurance to carry others, particularly if they are in a paid position or claiming expenses.
- The driver should attempt to have more than one child in the car.
- When leaving children off after a match or training session coaches/volunteers should alternate which child is dropped off last. Ideally two child would be left off at an agreed point i.e. one of their family homes.



## Aghaderg GAC & Ballyvarley HC



**Like all advice these procedures will only reduce the risk and still the best advice is to avoid transporting children alone in a car.**

Signed: \_\_\_\_\_ Date: \_\_\_\_\_ Secretary

Signed: \_\_\_\_\_ Date: \_\_\_\_\_ Chairman

Signed: Paisi Veenan Date: 4/7/23 Children's Officer



## Aghaderg GAC & Ballyvarley HC



### GUIDANCE FOR AWAY TRIP

Travelling to away fixtures is a regular event for many junior clubs. Trips may vary from short journeys across town to play another local team or involve more complicated arrangements involving overnight stays. But even what may appear as the most straightforward of trips will require some level of planning. The following will outline a number of issues that need to be considered when travelling with children.

#### Communication with:

- **Children** – they should be aware of the travel plans, venue and time for collection, time of return and any costs. Children should also have a clear understanding of what standard of behaviour is expected of them. Children must know what sports kit they need to bring with them.
- **Parents** – should be made aware of the above and must have completed a consent form detailing any medical issues that the team manager should be aware of. Parents should also have the name and contact details of the team manager in the event of an emergency.
- **Other coaches/volunteers** – need to be made aware of what their responsibilities are in advance of the trip. If the trip is a long journey, it is important that all coaches/volunteers have an itinerary.

#### Transport

A more detailed transport policy is available in appendix 10, but the following are some basic points:

- Ensure the driver has an appropriate and valid driving licence.
- Allow an appropriate length of time to complete the journey.
- Consider the impact of traffic and weather conditions.
- If using a mini-bus ensure that all seats are forward facing and they all have seat belts fitted if carrying children. Is the driver experienced in driving a mini-bus?
- Ensure leaders and children wear seat belts.
- Check there is appropriate insurance for the journey.



## Aghaderg GAC & Ballyvarley HC



- Clarify supervision requirements with other leaders. The driver should not be considered as a supervisor during the journey.
- Ensure that the vehicle is road worthy.

### **Ratio**

Dependent on the sport the ratio of adult to child may vary but what ever is considered appropriate would generally need to be increased when travelling away from home.

### **Insurance**

In addition to the mini-bus/car insurance, the team manager needs to ensure that the clubs general insurance covers travel to away events.

### **Emergencies**

Ensure that the vehicle has breakdown and recovery cover. At least one of the leaders should be trained in first aid procedures and a first aid kit should be available.

The leader should have access to a mobile phone and contact details for all the children.

The above are only basic points of advice and are not comprehensive guidelines. For more detailed guidelines see Safe Sport Away.

### **Hosting**

Being a host family or being hosted is an integral part of many sports and, if handled appropriately, can add to a child's enjoyment and experience at a competition. The whole area of hosting though can create a great deal of concern for parents, children and the hosts. It is in response to these concerns that we have drawn up the following guidelines.

Being a host can be a particularly challenging role, but also very rewarding. A host should be provided with as much information about the child/children staying with them and details of the competition. They in turn should agree to provide references and be vetted when this is available.

## Gaelic Games Associations' Adult - Child Supervision and Coaching ratios for all age groups, up to and including minor level

**The Gaelic Games adult - child supervision ratio agreement forms part of the Code of Behaviour (Underage) and applies as a minimum ratio to all Club and Camp activities up to and including the minor level grade and to Cumann na mBunscol Gaelic Games activities.**

### RATIOS

- Playing and training activities must abide by a minimum ratio of 2 adults to 10 children, (2:10). This ratio level requires at least one qualified coach and at least one other responsible adult to be present at all times
- Ratios of 2:10 apply to each group of ten children or up to ten children in a group
- Groups of 10-20 children must have a minimum of 3 adults present at all times
- Any group that exceeds 20 in number must abide by the minimum ratios as per above.
- The number of coaches and or responsible adults required, will depend on the number of children attending a training session, a camp or game, with consideration also given to the nature of the activity as required and the needs of the children

### COACH

- Coaches, as a minimum, must have achieved a Foundation level coaching qualification, must be satisfactorily vetted and have attended relevant Child Safeguarding Training
- Club and Camp Coaches must be in membership of one of the Gaelic Games Associations
- Coaches must be at least 18 yrs. of age

### RESPONSIBLE ADULT

- The responsible adult, i.e. a person over 18 yrs of age, if not a qualified coach, shall be deemed a Supervisor of Children. He/she must also be satisfactorily vetted and must have attended relevant Child Safeguarding Training
- Club and Camp Supervisors must be in membership of one of the Gaelic Games Associations
- When appointing a person as a Supervisor or 'responsible adult' to work at underage level Clubs have a responsibility to appoint persons of the highest standards who shall be recognised as role models to work with children
- Persons appointed as Supervisors of Children shall be obliged to be satisfactorily vetted and must have attended relevant Child Safeguarding Training

**CAMP AND ACTIVITY ASSISTANT**

- The role of Camp and Activity Assistant is that of assisting and not coaching or supervising
- The following applies to a Camp Assistant:
  - Camp/Activity Assistants must be at least 16 yrs. of age
  - Must be vetted by their Association in accordance with the GNVB or AccessNI process
  - Must complete the Camp Assistant Safeguarding Training Programme or acceptable and equivalent safeguarding training programme if working at camp:  
<http://learning.gaa.ie/safeguardingvirtual>
  - May choose to attend additional Child Safeguarding training e.g. Safeguarding 1 workshop
  - May not act in a coaching or supervisory role, which are two other distinct roles

**GENDER REQUIREMENTS**

- Where a team or training group consists of both boys and girls, the supervision and coaching personnel, must also comprise of both male and female personnel
- In the case of an all-female team, at least one of the adults (coach/supervisor) must be female and similarly in the case of an all-boys team, at least one of the two adults (coach/supervisor) must be male.

## HOSTING AN EVENT

**The hosting of a series of games, a challenge match, an underage blitz or an inter Club tournament is now seen as a normal event for most Clubs in Hurling, Football, Camogie, Ladies Football, Rounders and Handball.**

While such events are generally organised by age category and by code, so as to provide inter Club games and offer skill development opportunities, these events by their very nature can also provide young people of all ages with a positive social experience allowing them to develop within a safe environment.

The safeguarding criteria and guidance that applies to away trips, recruitment, travel, health and safety also apply to the hosting of an event with the additional responsibility that when hosting you are organising the games or the event for more than your own Club or team.

**A number of ground rules apply to hosting an event.**

- 1 Don't be pressurised into offering to host an event if you cannot do it or if you do not have adequate resources or facilities to cater for the proposed event
- 2 Be absolutely clear that you have the full support of your own Club when embarking on hosting an event
- 3 Clarify with those who requested of you to host the event (e.g. Juvenile Board, Féile Committee etc...) what is required of your Club
- 4 Form an organising team, with a nominated person in charge, to oversee, plan and implement the hosting
- 5 Allocate specific responsibilities to each member of the organising team
- 6 Agree a timescale and a plan for the delivery of all of your actions (see Event Action Plan)
- 7 Agree your plan or outline your plan with the governing body who requested your Club to host the event (e.g. Juvenile Board, Féile Committee etc...)
- 8 Meet regularly to review all work in progress
- 9 If you are providing a home stay option for your guest Clubs you must abide by the guidance given under the Home Stay Accommodation
- 10 Never presume that somebody else had done it!

### Event action plan

#### Event: inter club under 15 tournament

It is very useful to draw up an event action plan that can be used as a guide for all persons working on the event and also as a check list for the organising committee in reviewing their progress to date.

Below is the commencement of an Event Action Plan for an U15 Inter Club Tournament that your Club had been invited to organise by the County Board. It contains some identified actions, some of which have a time scale inserted while blank spaces remain to be completed when agreeing dates and timescales for other actions or completing tasks.

This template is only an example and is based on an 8 week lead in period. It should be amended and completed by the relevant person in charge as each target or task is completed or achieved.

ACTIONS	By When? (Date)	Responsibility? (Name)	Done? (Date)
<b>APPROX. 8 WEEKS BEFORE EVENT</b>			
Accept invitation to host event	8 weeks before	Relevant Club Committee	
Establish Organising Committee and named person in charge	8 weeks before	Appointed by Club Committee	
1st meeting of Tournament Committee	7 weeks before	Organising Committee Chair	
Allocate responsibilities at 1st meeting		Name the tasks and people	
Agree correspondence to visiting Clubs		Agree with Secretary	
Prepare budget at 1st meeting		Responsibility of Treasurer	
Identify sponsors (if appropriate)		Overseen by Treasurer	
Book pitches or venues as appropriate		A Committee member	
Agree on home stay option and plan accordingly (see Home Stay Section)			
<b>APPROX. 6 WEEKS BEFORE EVENT</b>			
Organising Committee meeting			
Post correspondence to visiting Clubs with relevant forms etc.			
Check insurance implications if any			
Complete event plan and circulate			
Check out all venues by visit			
<b>APPROX. 4 WEEKS BEFORE THE EVENT</b>			
Organising Committee meeting			
Confirm participating teams and Clubs			
Make 'draws' and circulate information			
Arrange for First Aid at tournament			
<b>APPROX. 2 WEEKS BEFORE THE EVENT</b>			
Organising Committee meeting			
A team withdraws from the Tournament			
<b>APPROX. 1 WEEK BEFORE THE EVENT</b>			
2nd team withdraws from tournament			
New sponsor seeks role in the Tournament			
<b>DAY OF THE TOURNAMENT</b>			
<b>Up early!</b>			
Register each team and their coaches			
Check dates of birth			
<b>AFTER THE EVENT REVIEW</b>			
Organising Committee meeting			
Financial report			
Event report			
Treat the organising Committee and all helpers!			



## Aghaderg GAC & Ballyvarley HC



### YOUTH PLAYERS CODE OF CONDUCT

Aghaderg GAC & Ballyvarley HC is fully committed to the safeguarding and promoting the well-being of all its members. The club believes that it is important that members, coaches, administrators and parents associated with the club must, at all times show respect and understanding for the safety and welfare of everybody, especially with respect to underage activities. As a result, the Club has adopted the National GAA Code of Behaviour, Underage, which can be downloaded from the Club website and the Club Child Safeguarding Statement. Therefore all members are encouraged to be open at all times and share any concerns or complaints that may have with their respective Team Manager.

#### **Players must:**

- Respect the rights, dignity and worth of all and treat everyone equitably.
- Not exert undue influence to obtain person benefit or reward.

#### **Players within the Club must:**

1.1 Play by the rules.

1.2 Never argue with an official. If you need clarification, have your captain, coach or manager approach the official during a break or after the competition.

1.3 Work equally hard for yourself and your team. Your teams performance will benefit –so will you.

1.4 Be a good sport. Applaud all good plays whether they are made by your team or the opposition.

1.5 Show respect to and acknowledge opponents and officials (e.g. shake hands before and after the game and say things like “good luck”, “thanks for the game” etc.)

1.6 Cooperate with your coach, team-mates and opponents - without them there would be no competition.

1.7 Be on time for training sessions, matches and competitions so as not to disrupt the smooth running of the team.

1.8 Participate for your own enjoyment and benefit not just to please parents and coaches.



## Aghaderg GAC & Ballyvarley HC



1.9 Play fair - no verbal abuse of officials, sledging other players (including vilification) or deliberately distracting or provoking an opponent.

1.10 Respect the rights dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

1.11 Mobile phones must be switched off in the changing rooms. Mobile phones should never be misused.

1.12 Tell somebody else if they or others have been harmed in any way.

### Declaration

I understand and agree to abide by this Code of Conduct. I understand that failure to abide by this Code of Conduct will result in disciplinary action by the club committee.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Countersigned \_\_\_\_\_

Parent/Guardian



## Aghaderg GAC & Ballyvarley HC



### COACHES AND VOLUNTEERS CODE OF CONDUCT

Aghaderg GAC & Ballyvarley HC adopts a child centred approach and philosophy in the running of the club to ensure that those working with children and young people are at all times provided a quality sporting and social programme, by working to an agreed philosophy and set of standards (as detailed in the National GAA, Camogie, LGFA, Handball and Rounders Code of Behaviour (underage) and the Club Child Safeguarding Statement). These documents can be downloaded from the Club website. Enforcement of this conduct is the responsibility of every member and any queries about the code should be referred to the Children and Vulnerable Adults Officer, the Designated Children and Vulnerable Adults Officer or Coaching/Games Coordinator.

All Members must:

- Respect the rights, dignity and worth of all and treat everyone equitably.
- Not exert influence to obtain personal benefit or reward.

**Coaches within the Club must:**

1. Remember that young people participate for the pleasure and winning is only part of the fun.
2. Place the well-being and safety of any juvenile above the development of performance and adhere to all guidelines laid down by the club and the GAA in general.
3. Give young people the chance to try out different playing positions.
4. Create opportunities for participants to learn appropriate sports behaviour as well as basic skills.
5. Give priority to free play activities, skill learning and small-sided games over highly structured competitions.
6. Ensure that activities are appropriate to the age, maturity and ability of the young player.
7. Keep up to date with the coaching practices and qualifications and the principles of physical growth and development. Take responsibility for ensuring training is kept up to date and keep abreast of any developments within the association.
8. Ensure that you are working at a level commensurate with your coaching qualifications



## Aghaderg GAC & Ballyvarley HC



9. Promote a tolerant environment.

culturally

10. Help young people understand that playing by the rules is their responsibility.

11. Always promote positive aspects of sport and never condone or participate in rules violation, bad sportsmanship, the use of foul and abusive language, the use of sectarian language and banter, the use of prohibited substances, the use of gestures or emblems which could be interpreted as provocative.

12. Encourage young people to participate in administration, coaching and referring as well as playing.

13. Operate within the rules and sport of the sports and teach your players to do the same.

14. Relate to officials in a courteous and polite way.

15. Ensure that any physical contact with a young person is appropriate to the situation and necessary for the player's skill development.

16. Implement relevant sport safety policies and practices.

17. Arrive on time for all coaching sessions, competitions, social occasions and coaches must inform an appropriate person if they are unable to attend.

18. Encourage and guide young people to accept responsibility for their own behaviour and performance and encourage young people to feel confident and comfortable in making personal choices.

19. Ensure attendances records are kept of all recognised club sessions with the attendance of each participant noted appropriately. A club incident form must be used to record any accidents, injuries or untoward event.

20. Implement policy practices (and lead by example) in relation to responsible use of alcohol and in relations to recreational and performance enhancing drugs.

21. Listen to your players and ensure that the time they spend with you is a positive experience.

22. Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

23. Coaches should have access to telephone and first aid kits during training sessions and matches.

Declaration



## Aghaderg GAC & Ballyvarley HC



I understand and agree to abide by The National Code of Behaviour (underage) referred to in the opening paragraph of this Code of Conduct. I understand that failure to abide by this Code of Conduct will result in disciplinary action by the club committee.

Signed: \_\_\_\_\_ Name Printed: \_\_\_\_\_ Date: .

Signed: \_\_\_\_\_ (in respect of coaches)

Coaching Co-ordinator

Signed \_\_\_\_\_

Child Protection Officer (Children & Vulnerable Adults Officer) or Designated Children & Vulnerable

Adults Officer or Deputy Childrens' and Vulnerable Adults Officer, Protection Officer, or Deputy

Designated Childrens' and Vulnerable Adults Officer.

\*Volunteer – Club Member other than coach who carries out Club duties, which involves direct access with children.

Footnote: Club Secretary will inform relevant coaches of any medical conditions notified to Club re juvenile players.



## Aghaderg GAC & Ballyvarley HC



### PARENTS AND SPECTATORS CODE OF CONDUCT

Aghaderg GAC & Ballyvarley HC adopts a child centred approach and philosophy in the running of the club to ensure that those working with children and young people are at all times providing a quality sporting and social programme, by working to an agreed philosophy and set of standards, which is reflected in the National GAA Code of Behaviour, Underage, which has been adopted by the Club and is available for download from the Club website and also the Club Child Safeguarding Statement. Enforcement of this conduct is the responsibility of every member and any queries about this code should be referred to the Child Protection Officer or Deputy Child Protection Officer or the Club Chairperson.

Parents/guardians have an influential role to play in assisting their offspring to adopt positive attitudes and encouraging them to maintain an involvement in sport. Parents should not attempt to meet their own needs for success and achievement through their children's participation in Gaelic Games. The following guidelines will be assistance in their regard.

#### **Parents/Spectators within the Club must:**

- 1.1 Parents are responsible for leaving and collecting their child on time from training / games.
- 1.2 Attend games on a regular basis and assist in the organisation of club activities.
- 1.3 Remember that children participate in sport for their enjoyment not yours.
- 1.4 Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or violence.
- 1.5 Never ridicule or yell at a child for making a mistake or not winning.
- 1.6 Respect officials decisions and encourage children to do likewise.
- 1.7 Show appreciation for volunteer coaches, officials and administrators.
- 1.8 Applaud good performance and efforts from all individuals and teams.
- 1.9 Congratulate all participants regardless of the game's outcome.
- 1.10 Condemn the use of violence, verbal abuse or vilification in any form, whether it is by spectators, coaches, officials or players.
- 1.11 Support policy and practices (and lead by example) in relation to responsible use



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of alcohol, to child protection issues and to issues involving recreational and performance enhancing drugs.

1.12 Support involvement in modified rules games and other junior development programmes

1.13 Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

1.14 Do not enter the field of play unless specifically asked to do so be an official in charge.

1.15 It is not appropriate for parents/spectators to interrupt the team mentors when they are speaking to the team before/during and after the game.

I understand and agree to abide by this Code of Conduct. I understand that failure to abide by this Code of Conduct will result in disciplinary action by the Club Executive Committee.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Printed: Parent / Guardian Name: \_\_\_\_\_

## **Mental Health and Wellbeing Policy**

This policy describes the commitments of Aghaderg GAC and Ballyvarley HC to promote and maintain the positive mental health and wellbeing of all our members. It is our belief that positive mental health and wellbeing is vital for all our members and is instrumental in the strength and resilience of our club and of our community.

Scope: This policy applies to all members of Aghaderg GAC and Ballyvarley HC and to those availing of the Club facilities.

Context: Aghaderg GAC and Ballyvarley HC recognises the important function that involvement in Gaelic games at every level, whether as player, coach or supporter, has in achieving and maintaining positive mental health and wellbeing. Involvement in Gaelic games provides not only an opportunity to maintain physical health and fitness but it also provides social connectivity for many: for some as a team member, a Club member or by association with the Club within the wider community.

As such, Aghaderg GAC and Ballyvarley HC recognises that whilst it fulfils this vital function, it has a unique opportunity that can be utilised to address the mental health and wellbeing needs of all Club members

Policy aims:

- To develop and maintain an environment and culture within the Club that supports mental health and wellbeing
- To prevent discrimination of any form that could undermine the mental health and wellbeing of members
- To challenge stigma surrounding mental health issues
- To increase the knowledge and awareness of mental health and wellbeing among members
- To encourage cognisance of the impact of competing demands on the mental health and wellbeing of members
- To support members to actively engage in initiatives that promote good mental health and wellbeing
- To access community based training aimed at increasing awareness
- To make available information regarding resources that promote good mental health and wellbeing and provide mental health support
- To provide support to those affected by a deterioration in their mental health and wellbeing

This policy is underpinned by the Club's adoption of the Mental Health Charter.

It is intended that the Mental Health Policy is read and actioned in conjunction with the following:

- Club Health and Wellbeing Policy
- Inclusion Policy
- Equality Policy
- Anti-bullying/Harassment Policy
- Disability and Special Needs Policy
- Disability Sport Policy Statement

- Valuing Volunteers Policy
- Club Critical Incident Plan
- GAA Give Respect Get Respect ethos

## **Good Practice Guidance for Promoting and Maintaining Mental Health and Wellbeing**

### **Underage Players**

Spending time doing the sport that you love in the company of your teammates is really good for your mental health and wellbeing.

It is important that you enjoy your sport and that you find it fun.

Sometimes your team will win, sometimes you will lose and sometimes you might have a very hard game. That's ok- all the best players in the country have had days when it's been tough! Your team mates and coaches will come together to chat about the games – this will be a wonderful time when your team has won and it will help everyone cope with the disappointment of a loss.

Try not to blame yourself if you haven't played as well as you would have liked. Don't blame any of your team mates if they have made a few mistakes either. Everyone can make a mistake from time to time!

If you have any worries or concerns, let your parent/guardian know and it's also a good idea to let your coach know. They will be keen to try to help you. They want for you to enjoy your games and to be able to play as much as you can.

You might play for more than one code (football/hurling/camogie) or you may play for more than one team (different age/club and county). This can be a lot, especially when you are trying to keep up with your studies and the other things you enjoy. Let your coaches know the different demands that you have, or perhaps ask your parent/guardian to let your coach know.

Remember that you will be able to enjoy your sport more if you are feeling healthy and well. Here are some tips to help you do that:

- Eat a healthy and balanced diet with plenty of fruit and vegetables. Try to limit sugary foods such as sweets and fizzy drinks –keep these as occasional treats
- Make sure to get a good night's sleep. Try to go to bed and get up around the same time each day
- Avoid using your mobile phone or device late in the evening, and for at least an hour before you go to sleep. This will help you to sleep better
- If you are not feeling well or feel upset, let your parent/guardian know. They will be able to decide how best to help you

You might use social media on your phone or device. Let your parent/guardian know immediately if anything you read or see on social media upsets or annoys you, or if you think that it just doesn't feel right. Sometimes people can use social media to bully others, or to try to make others do things that they are not comfortable with. Let your parent/guardian know if you see this happening to yourself or others. You can also speak to your Coach or to the Club Children's Officer. The most important thing is that you are safe at all times. Other people will understand and try to help you, so don't be afraid to ask for help when you need to.

## Senior Players

Spending time playing Gaelic games in the company of your teammates is really good for your mental health and wellbeing. Not only does it support your physical fitness but it can provide an outlet for you to have some downtime from your busy life, a bit of “craic” with your teammates and something important for you to work towards. The buzz of preparing for and playing in a match can give you a real lift. These factors can be instrumental in protecting our mental health.

You might play for more than one code (football/hurling/camogie) or you may play for more than one team (club and county). This can be a lot, especially when you are trying to maintain your studies, work and family commitments. Let your coaches know the different demands that you have and how you are finding managing them. Aghaderg GAC and Ballyvarley HC is committed to facilitating players to remain engaged fully in Club activities and supports the accommodation of players in this regard, with respect to training and games.

Looking after yourself well is as important for your mental health as it is for your physical health. Here are some tips to help you do that:

- Eat a healthy and balanced diet with plenty of fruit and vegetables. Try to limit sugary and high fat foods –keep these as occasional treats
- Ensure that you get a good night’s sleep. This is the time when our body regenerates and heals. Try to go to bed and get up around the same time each day
- Avoid using your mobile phone or device late in the evening, and for at least an hour before you go to sleep. This will help you to sleep better
- Avoid excessive use of alcohol. Alcohol is a known depressant. It will compound low mood and is associated with increased self-harm in those that are vulnerable to feelings of depression.
- Avoid the use of any non-prescribed drugs or substances. These can interfere with mood and also with how we perceive things impact negatively on mood
- Avoid the use of gambling as a distraction or to provide a “buzz”. This can compound feelings of regret, guilt and shame which impact negatively on mental health
- Try not to bottle things up. Speak to a trusted friend or family member if you are finding things difficult. Also be aware of the services that are available to provide support. There are many organisations providing support in our community and the Club Mental Health Officer will be able to offer advice and assistance to access them.

You might use social media on your phone or device. Social media can be an excellent source of information and a really useful way to communicate and keep in touch. Unfortunately it can also be used negatively, for example, to abuse, shame or bribe others. It can be helpful to block anyone that you find to be abusive or take a break from social media. Others will understand and try to help, so don’t be afraid to speak to a Team Coach if you need to for support. You can also report online abuse to the social media platforms and to the PSNI.

A player or player's parent may let you know if they experience a specific health issue that impacts on their mental health and wellbeing. Ask how this is likely to affect their engagement in their sport and how you can accommodate any particular needs within training and games. Encourage them to remain involved and reinforce that they are an important member of the squad. Let them know that they can keep you updated and you will do your best to work with them

Be aware that players will look up to you and may approach you or let you know in some way if they are experiencing any difficulty.

Giving a person the chance to open up about their concerns, and about their mental health and wellbeing, can be the first important step to seeking support.

A supportive conversation can make all the difference. Don't panic, even if you feel a little out of your depth. You are already being supportive by just being willing to listen. Here are some tips that might help:

Allow the person time to speak in a situation where their confidentiality is not compromised.

Keep your body language open and give the person your full attention – this is an important conversation for them

Avoid glib advice such as "pull yourself together" or "cheer up" as this may make the person feel that you don't really understand what they are trying to say

Be empathetic and take them seriously

Keep the chat positive and supportive, explore the issues they raise and how you may be able to help

Seek advice as soon as possible from the Club Mental Health Officer and let the person know that you are planning to do so

### **Some useful questions**

- How long have you felt this way?
- What kind of support might be helpful to you?
- How are you feeling at the moment?
- How can I best help you?

You might be able to offer practical solutions that will really help or you might be able to encourage the person that they need to speak to someone who has the expertise to help. See the list of mental health and wellbeing resources in Appendix 1

If the person tells you that they have thoughts of harming themselves, try not to panic. Sometimes people experience these thoughts and are distressed by them, but do not intend to act on them. The person needs to access professional mental health support so they can be assessed and have their needs best met. The person may have said that they do not wish you to tell anyone about their thoughts, but in this case your respect for their confidentiality is outweighed by your need to ensure their safety. Encourage them to seek immediate support from their GP or GP Out of hours service,

from Lifeline or the Samaritans. It is a good idea to let a family member know if you can. Ensure the person reaches a place of safety.

If the person tells you that they have intent to harm themselves or others, treat this as an emergency situation which needs immediate action.

- Don't leave them alone
- Remove bystanders from the area
- Seek help from others, for example, other coaches, other Club members, family members, the Emergency services using 999
- Ensure that you follow up with the person/family member as to how they are
- Debrief with your coaching colleagues
- Report such an incident to the Club Mental Health Officer, to the Club Chairperson and to the Club Children's Officer where a juvenile player is involved

## Coaches

Spending time being involved in Gaelic Games in a coaching capacity can be very rewarding and can mean that you can remain involved in the games that you love in a different capacity. Managing or coaching a team can provide an outlet from your busy life that can be really beneficial for your mental health, and the camaraderie can provide an invaluable social support. The role that you carry out on behalf of the team with whom are involved, and on behalf of the Club, is very much valued. Aghaderg GAC and Ballyvarley HC advocate a management team of at least 3 people to help share the responsibilities associated with these roles.

As well as the positive aspects of coaching, there are times that team management can be a difficult role to fulfil: managing teams where there are dual players, low player numbers, challenging games with disappointing results, listening to the views of others. These factors can make managing a team a lonely place to be!

Remember, you are the person giving of your time for the good of the team. Aghaderg GAC and Ballyvarley HC appreciate your dedication and effort and will support you to create the best training and playing opportunities possible for the team that you coach and for all teams representing the Club.

Be mindful to look after your own needs as you dedicate your time to training, matches and the 'behind the scenes' work for your team.

You know the squad of players well—their strengths, their development needs and how they interact together. You may be aware of the demands that are on your players, both within the Club and outside of it, such as education, exams, work, playing for a number of teams or codes, family commitments or health issues. Try to support each player to manage these demands successfully. They may need freed up from training on occasions or they may need time out from matches. Keeping players engaged to their optimum level is key.

Welfare of our players is crucial. This may at times necessitate working alongside the coaching teams of other codes or age groups to compromise on training times and match fixtures to safeguard against players being expected to deliver more than is reasonable for them and their families. Clear and timely communication between coaches, those involved in the organisation of fixtures and those involved in overseeing the use of the Club facilities is vital to ensure that player welfare is at the heart of all we do.

Players can often sustain physical injuries as a result of involvement in our games and this can cause a range of feelings for the player: they may be keen to play despite injury, they may be anxious about compromising an injury in future games or they may be frustrated that they cannot play. It is important to be aware of the situation and to negotiate an acceptable management plan that effectively addresses the issues for both player and management.

You may be playing alongside others that you have known for a very long time. That can often make it easier to speak to a teammate or coach if things are difficult for you, or you may find that another player speaks to you about issues that concern them.

If you disclose information to your coach about how you are feeling, and in particular, if you have any mental health concerns, you can expect:

- To be listened to
- To be supported to remain involved in training and games at the level that suits best
- To be given advice regarding the range of services that are available for support
- That your safety and wellbeing will be the most important concern

## **Committee Members**

The role that you carry out on behalf of Aghaderg GAC and Ballyvarley HC is very much valued and the time that you dedicate to the Club is greatly appreciated. The Club Committee operates on the principle of respect, with all Committee members views and experiences being equally sought and considered.

Be mindful to look after your own needs as you dedicate your time to meetings, club activities and the general organisation and running of the Club. It is the position of Aghaderg GAC and Ballyvarley HC that the individuals who make up the Committee work together to help and support each other in their wide-ranging roles. It is encouraged that Committee members feel able to ask for help and support in carrying out their duties and roles.

As with any group of people working together for a common goal, there may be times when there is disagreement and conflict among members. At times, differences of opinion can make it challenging to reach consensus and this can create stress for all involved. Aghaderg GAC and Ballyvarley HC is committed to supporting all Committee members to fulfil the roles that they have taken on, as the survival of our Club and its games depends on all of our collective efforts.

Aghaderg GAC and Ballyvarley HC advocate open and honest communication between committee members which is based on a position of mutual respect, and which is conducted in line with the processes of the GAA.

Aghaderg GAC and Ballyvarley HC are governed by the rules and regulations of the GAA and all business is conducted accordingly. This includes the mechanisms for dealing with any disputes or conflicts and for addressing any breach of discipline.

In their capacity as Committee member, an individual may be approached by a Club member who is experiencing distress or concerns with their mental health and wellbeing. The guidance for coaches above is also relevant for committee members in these circumstances.

The Mental Health Officer or Chairperson should be informed of any circumstances arising within the Club whereby a member's mental health and wellbeing has been a cause for concern. In circumstances where this involves a juvenile member, the Children's Officer should also be informed. The Mental Health Officer will offer their support to the individual involved, their family members as appropriate, and to the Coaching team/other members who may have been impacted. The Mental Health Officer will ensure that all measures, as recommended above, have been followed to maintain the individual's safety and wellbeing. In addition, the Mental Health Officer will attend to the needs of other members involved and offer them the opportunity to debrief and avail

of support, internally or externally to the Club. Where appropriate, the Club's Critical Incident Response Plan will be actioned.

Organisations that other support can be found in Appendix 1.

### **Examples of Good Mental health and Wellbeing Practice Happening in Our Club**

- Recognition by both the Healthy Club Committee and the Coaching and Games Committee of the importance of having a Mental Health and Wellbeing policy that underpins and supports members to support each other. Members of these sub-committees worked together to identify the key issues that may affect members
- A group message sent to all parents of an underage team:  
“Training this evening 6.30-7.30. Know there were other Club games that some of the lads played in last night. Good if they can make tonight, they can take it easy and sit out some drills, but if they need a rest, then that’s Ok too”
- Joint working between code leads and sub-committees, to ensure that the needs of dual players are catered for, in relation to training expectations and availability for matches.

**References:**

- The GAA Mental Health Charter: Promoting Positive mental Health & Wellbeing through the GAA
- Action for Happiness 10 Keys to Happier Living
- MHFA England #Hands up for Healthy minds
- Southern Trust Mental Health Resources leaflet

## **Appendix 1**

### **General Information and Resources about Mental Health and Wellbeing**

#### **Public Health Authority**

General information about looking after your mental health and some useful contacts and links

<https://www.publichealth.hscni.net/sites/default/files/2021-04/Living%20Well%20-%20A%20guide%20to%20looking%20after%20your%20mental%20health%20and%20wellbeing.pdf>

#### **Helplines NI**

One stop resource for information and links to a range of helplines in Northern Ireland

[www.helplinesni.com](http://www.helplinesni.com)

#### **Every Mind Matters**

Department of health England website with resources for understanding your own mental health and making a plan to look after you mental health and well being

[www.nhs.uk/every-mind-matters/](http://www.nhs.uk/every-mind-matters/)

#### **Royal College of Psychiatrists**

Readable and well-researched mental health information for individuals, parents and concerned others

[www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)

#### **Young Minds**

Information and online resources, including free-to-print booklets and videos

A “For parents” section which includes information, videos and tips and a parent helpline

[www.youngminds.org.uk](http://www.youngminds.org.uk)

#### **Action For Happiness**

Resources, events news, videos and apps to help individuals achieve and maintain positive mental health and wellbeing

[www.actionforhappiness.org](http://www.actionforhappiness.org)

### **The Mix**

UK based charity providing free confidential support for young people under 25 via online, social media and mobile phone.

[www.themix.org.uk](http://www.themix.org.uk)

### **Mind Your head: A student guide to mental health**

Mental health support information for young people in university education

[www.publichealth.hscni.net/publications/mind-your-head-student-guide-mental-health-2](http://www.publichealth.hscni.net/publications/mind-your-head-student-guide-mental-health-2)

### **Reading Well Books on Prescription**

Lists book titles suitable for 13-18 year olds about mental health issues such as anxiety, stress, OCD, bullying and coping with exams

[www.reading-well.org.uk/books/books-on-prescription/young-people-mental-health](http://www.reading-well.org.uk/books/books-on-prescription/young-people-mental-health)

### **Southern Trust Mental Health Promotion resources**

[www.southerntrust.hscni.net/livewell/MentalHealth.htm](http://www.southerntrust.hscni.net/livewell/MentalHealth.htm)

### **Southern Trust Text –a-Nurse service**

Confidential text messaging service for young people aged 11-19 who are worried or concerned about any aspect of their health and wellbeing. Chat in confidence to a school nurse

**07507 328057**

## **Emergency Mental Health Support**

### **Lifeline**

24/7 telephone support for individuals in Northern Ireland experiencing distress and despair

[www.lifelinehelpline.info](http://www.lifelinehelpline.info)

Telephone 0808 808 8000 for free

### **Samaritans**

24/7 telephone support for individuals across the UK experiencing distress and despair

[www.samaritans.org](http://www.samaritans.org)

Telephone 116 123 for free

### **PIPS Hope and Support**

Suicide prevention services

Support for individuals and families bereaved by suicide

Mental health and suicide prevention training

[www.pipshopeandsupport.org](http://www.pipshopeandsupport.org)

Telephone [028 3026 6195](tel:02830266195)

### **Southern Area GP Out of Hours Service**

Telephone 028 3839 9201

## **Condition Specific Mental Health Support**

### **Aware**

Northern Ireland based charity providing information and support for those affected by depression

[www.aware-ni.org](http://www.aware-ni.org)

### **WAVE Trauma Centre**

Care and support for those traumatised or bereaved through violence

[www.wavetraumacentre.org.uk](http://www.wavetraumacentre.org.uk)