

CLUB HEALTH & WELLBEING OFFICER | Role Description

Position: Club Health & Wellbeing Officer

Role description: The Club Health & Wellbeing Officer will work and liaise with the County Health & Wellbeing Sub-Committee to ensure that their club is availing of the supports, programmes, partnerships, training, and resources available to them.

With the support of their Club Chairperson and Executive, he/she should ensure that their club has a Health & Wellbeing Project team in place¹, that appropriate GAA policies are implemented and monitored, and that the club fosters a culture that promotes health and wellbeing amongst all club members and, where possible, the local community.

Reports / Accountable to: Club Chairperson and Executive

The Health & Wellbeing Officer submits report outlining any activities to each Club executive meeting or in line with timelines agreed with Club Executive.

Addresses Club Executive as and when required.

Responsibilities

1. Liaise with the County Health & Wellbeing Sub-Committee and Club Executive
 - *Ensure the club is appropriately represented at training or other events organised through the County Health & Wellbeing Sub-Committee.*
 - *Promote and support at club level any activities organised by the County Health & Wellbeing Sub-Committee committee.*
 - *Provide reports, as required, to the Club Executive on plans and activities, including a report for the club AGM on work completed and any plans for the subsequent year.*
2. Ensure appropriate policies and activities are implemented at club level
 - *Using the resources available ensure that policies such as the Club Drug & Alcohol policy template and the Club Mental Health Charter, are implemented.*
 - *Promote health activities and partnerships developed at national, provincial, and county level that may benefit club members.*
 - *Where appropriate or necessary, work with local service providers/agencies/charities who are seeking to make their services available to club members.*
 - *Work with the club Executive to promote health messages at club games and events.*
 - *Encourage the club to include the wider community (parents, past players, older men etc) in any health promoting plans or activities.*

¹ In clubs with fewer volunteer numbers it may be more practical for two members to share the role and duties of the Health & Wellbeing Officer.

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Skills Required

- Good communication and interpersonal skills
- Good organisational skills – computer literacy preferable.
- Ability to offer leadership and guidance to a health and wellbeing project team in the club.
- Ability to deal discretely with sensitive issues.
- Ability to work with other club officers (Children's Officer/Coaching Officer) and the Executive as required.

Knowledge

- Have sound knowledge of the Association and an interest in health and wellbeing and/or a desire to promote this topic at club level.
- Believe in the club's duty of care to the health and wellbeing of its members.
- Be prepared to attend training as provided by the GAA or its partners.

Other Requirements

- Have a genuine interest in the Association.
- Good standing in the community.
- Have time to do the job.

Recommendations

- It is recommended that the Club Health & Wellbeing Officer be appointed for a minimum of two years to allow adequate time for policies to be implemented and appropriate training and work to be undertaken.
- It is highly recommended that additional club members with an interest in the area are engaged as a project team to support the Health & Wellbeing officer's work.
- While no professional experience is required for this role, clubs should look to members/volunteers who have an interest in health and wellbeing or possess suitable skills (they may work professionally in a related role, such as the health service, youth work, teaching, etc.) to get involved if possible.

Additional Information and support

- The Community & Health section in Croke Park, alongside the GAA's National Health & Wellbeing Committee, will provide direction and support to those working at provincial², county, and club level.
- Training for Club Health & Wellbeing Officers and project team members will be provided at county level each year.
- Existing resources available include the Club Tobacco, Drug & Alcohol policy, the Club Mental Health charter, the 'Play in my Boots' mental health support pack.

² The Ulster Council has a dedicated Community, Health & Wellbeing section to offer support to this work in the nine counties in the province.



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- For more information and to download any of the above resources see www.gaa.ie/community