



ASAP Programme Resources

The following resources are available to help clubs implement the ASAP Programme:

The GAA's Tobacco, Alcohol and Drug Policy and Guidelines Resource

- Templates and guidance on how to develop and implement a Tobacco, Alcohol & Drug policy
- General guidelines on drugs and their effects
- Guidance on how to manage drug related situations
- Best practice guidelines for drug education
- Information and support details

ASAP DVD 'Club Matters' shows:

- How alcohol and other drugs negatively impact on playing performance
- How to develop a Tobacco, Alcohol and Drug policy
- Suggested ways on how to deal with various drugs and alcohol related situations

Coaching for Confidence SAOR Booklet

- The SAOR model has been designed to arm GAA coaches with the tools necessary to have a short structured conversation with players about harmful alcohol or drug use they may be engaged in
- Booklet provides a step by step guide for coaches on how to bridge this delicate conversation with a player or member in a safe and structured way

Community & Health Website

- This one stop portal contains information on all the work carried out by the GAA's Community & Health section, including all ASAP Programme resources.



For further information contact:

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What is the ASAP Programme?

The Alcohol and Substance Abuse Prevention (ASAP) Programme is a joint venture by the GAA and the Health Service Executive that aims to reduce the harm caused by the misuse of alcohol and other drugs. The programme is aimed at all GAA members and is delivered by the network of county ASAP officers, with the support of their County Health and Wellbeing sub-committees. At club level the programme is promoted by the Club Health and Wellbeing officer. This role has replaced the club ASAP officer, with the new title better reflecting the broad and varied health promoting work club engage in on behalf of their members. The ASAP programme remains one of the GAA's cornerstone health promoting programmes.

Why do we need it in our club?

In order to respond effectively to alcohol and drug related problems, clubs that implement the ASAP Programme will be able to....

1. Prevent alcohol and other drug related problems from occurring
2. Educate members about relevant issues
3. Respond appropriately should an issue arise

Role of the Club Health and Wellbeing Officer

The club Health and Wellbeing officer will work and liaise with the County Health and 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 Executive, he/she should ensure 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.

The Club Health and Wellbeing officer is expected to....

- Be the contact person between the club and the County Health and Wellbeing sub-committee.
- Be fully familiar with all health promoting resources available within the GAA (e.g ASAP policy and guideline resource, SAOR booklet, DVD and website).
- Promote and signpost members to any programmes or initiatives being rolled out at county or national level, including the implementation of the Tobacco, Alcohol and Drug policy.

The Health and Wellbeing Club Officer is NOT expected to....

- Be 'holier than thou'.
- Be the 'club social worker/counsellor' etc.
- Police people about their health and wellbeing.

Club Tobacco, Alcohol and Drug Policy

Every club must develop and implement a Tobacco, Alcohol and Drug policy. A sample policy is available for clubs to use and can be downloaded from GAA.ie/community. The policy outlines the positive culture a club can promote and offers guidance on how to respond to alcohol and other drug related issues should they arise.

The steps to developing a policy are:

- **Establish a committee to develop the policy...**
Using a mix of adults and young people, players, officers, and parents
- **Study relevant resources including...**
The sample policy and guideline resource, SAOR booklet, DVD and the GAA website
- **Review the current situation in the club...**
By discussing issues that could arise in the club and issues that may have arose in the past.
- **Prepare a draft policy...**
For the Club Executive to review and invite feedback from other members
- **Finalise and launch the policy...**
To let everyone know what your club is doing and what the policy contains
- **Review the policy...**
At least once a year and after every time it is used

All resources needed for developing and implementing a Tobacco, Alcohol and Drug policy are available at www.gaa.ie/community