

## Tobacco- free plan step by step

<b>Aim :</b>		To create a tobacco free environment to positively impact upon smoking behaviour and protect the health of all individuals involved with the club by keeping them safe from all tobacco related harm.			
Action		Resources Needed	Responsibility & Timeline	Progress Tracking	Target
A.	Contact the Eexecutive to discuss adopting the GAA's Tobacco Free Policy	– GAA's Tobacco Free Policy (download on <a href="http://gaa.ie/community">gaa.ie/community</a> )			All the committee in agreement
B.	Use the GAA's Tobacco Free Clubs Presentation to highlight benefits	– GAA Tobacco free presentation (download on <a href="http://gaa.ie/community">gaa.ie/community</a> )			All the committee in agreement
C.	Adopt/adapt the GAA's Tobacco Free Policy to suit your club	– GAA's Tobacco free Policy			Full support
D.	Decide on smoking working group (consider local partners)	–			At least 2 dedicated members
E.	Consider a countdown to going tobacco free	– Countdown date on social media			Set a certain date and stick to it
F.	Make contact with local relevant partners (Ash Ireland/Quit.ie/www.want2stop/local health promotion office/certain skillsets/professionals in the community)	– Leaflets – Booklets etc.			Support and advice from partners
G.	Access smoke- free signage for your club	– Outdoor Signage			
H.	Discuss the potential for holding smoking cessation talks in the club	– Trained officers with certain skills & material			Support for smokers in the club and community
I.	Contact local pharmacies/ gyms for support if possible	– Smoking medications – Consultations			Discounted resources for smokers
J.	Link in with local schools- smoke free poster competition	– Medal/prize for winners			Engage all school children & teachers
K.	Utilise all media platforms to promote the initiative	– Social media – Website – Newsletter			Raise awareness

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L.	Arrange a date to launch the initiative – invite the schools, local groups, smoking cessation officers, guest speakers, inter county players etc.	<ul style="list-style-type: none"> <li>– Press release</li> <li>– Banners/posters</li> <li>– Photos of the day</li> </ul>			Full buy from the club and community
M.	Invite local media	<ul style="list-style-type: none"> <li>– Invite for media</li> </ul>			Raise awareness
N.	Monitor compliance with the policy	<ul style="list-style-type: none"> <li>– Schedule/rota at games etc. especially with visitors who may be unaware of the policy</li> </ul>			
O.	Review after 6 months and then on an annual basis	<ul style="list-style-type: none"> <li>–</li> </ul>			

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