**Killygarry GAA Healthy Club Action Plan**

**Actions and Performance Indicators**

**Second Progress Report to end October 2017**

**For presentation to Executive Committee**

***\*Actions completed since first progress report highlighted in bold***

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| **Pillar 1** | **Physical Activity** |
| **Objective** | Increased participation by non-players in physical activity |
|  | **Actions** | **Responsibility** | **Target/Target Audience** | **Performance Indicator** | **Current Status** | **Brief Overview** |
| **1** | Organise twice weekly running/jogging sessions on club track  | P. Walsh & A. McGovern | 150 participants | Numbers attending training sessions weekly  | Ongoing | 3 x 1 hour sessions held bi-weekly at club groundsAverage numbers attending exceed target set |
| 2 | Organise at least one club event promoting participation in physical activity | R. Brady & T. Brady | 200 participants | No of participants | Ongoing | 5K night run in Cavan town organised by P. Walsh on 18th March 2016.Club also held its annual 5K/10K run (Ras Spraoi) on 9th June 2016.Club assisted in organisation of 5K Christmas Dash on St Stephens Day 2016 along with club member, Liam Mimnagh. |
| 3 | Set up Killygarry Running Group  | P. Walsh & A. McGovern | N/A | Running group set up on a formal footing within club structures  | Complete | Running group up and running! |
| 4 | Goal setting (1): Encourage female participation in events such as VHI Ladies mini-marathon  | P. Walsh | 60 participants | No of participants | Ongoing | 60 participants associated with the Killygarry running group participated in the VHI Ladies mini-marathon |
| **5** | **Goal setting (2)****Set up training group focussed on participation in the Dublin City Marathon**  | **P. Walsh** | **100 participants** | **No of participants** | **Complete** | **106 members of Killygarry Running Group completed Dublin City Marathon today (29th October 2017)** |
| 6 | Provide training classes in off-season aimed at honing running technique skills for youth players | Coaching Officer | All players up to U14 | No of players | Complete | Training provided over winter 2016/spring 2017Average numbers participating?? |
| **7** | **Set up running classes for primary/secondary pupils** | **P. Walsh** | **3 primary schools in club catchment** | **No of participants** | **Ongoing** | **Up to 100 pupils taking part in bi-weekly sessions** |
| **Pillar 2** | **Healthy Eating** |  |  |
| 1 | Participate in “ Recipes for Success” | K. Reilly | Transition students in St. Patricks College | Initiative delivered | Complete | Event co-ordinated by St Angela’s Third Level College Sligo in conjunction with Home Economics team in St Pat’s College in Cavan |
| **2** | **Promote the GAA’s Healthy Eating guidelines among players & members**  | **S. McGovern** | **Male & female players** | **Copy circulated to all players** | **Complete** | **GAA Healthy Eating Guidelines along with Comhairle Uladhs “Sláinte is Táinte” publication on Health & wellbeing generally**  |
|  | **Mental Fitness** |  |  |
| 1 | Promote the GAA’s Mental Health Charter among players & mentors | K. Reilly & A. McGovern | All club members | Charter approved by executive committee | NYC |  |
| **Pillar 3** | **Gambling, Alcohol & Drug Addiction** |  |  |
| 1 | Review Club Alcohol and Substance abuse Prevention Policy adopted in 2011 | N. McHugh | All club members | Reviewed policy in place | NYC |  |
| 2 | Aim to become a Smoke-Free club | Club Executive Committee | All attendees at club grounds | Club grounds designated as smoke-free zone | Ongoing | Agreed by Executive Committee at June meeting on recommendation of Chairperson. Signage yet to be erected |
| **Pillar 4** | **Training & Personal Development** |  |  |
| 1 | Continue ongoing programme of education & development of Club Coaches | Club Coaching Officer | All club coaches | No of education & training programmes delivered | Ongoing |  |
| 2 | Organise a SAFETALK Programme for club volunteers | K. Reilly | At least 5 club members | No of participants | Complete | Complete. SAFETALK training organised in conjunction with Cavan Gaels on 1st June 2016. 10 club members took part in the training.  |
| 3 | Have at least two club members participate in Health & Wellbeing Club Officer Training | S. McGovern | K. Reilly & S. McGovern | Training completed by two club members | Complete | Training completed by KR & SMcG at Healthy Club Project Orientation Day in Croke Park on 8th February 2016 |
| **Pillar 5** | **Community Development** |  |  |
| **1** | **Develop a Critical Incident Response Plan for the club**  | **K. Reilly/S. McGovern/N. McHugh** | **All club members** | **CIRP in place and membership informed** | **Complete** | **CIRP drafted. To be presented to Executive Committee at next meeting**  |
| 2 | Further develop links locally with Cavan Sports Partnership  | K. Reilly |  | Communication channels in place | Ongoing |  |
| 3 | Steward Cavan Christmas Dash on St. Stephens Day  | N. McHugh & L. Mimnagh  | Fun 5K event targeting local community | No of participantsIncident free event | Complete | Event took place on 26th December 2016 with 607 people taking part. Funds raised by the event were given to two local charities, Cavan Autism Parents Support Group & SOSAD |