



# Owen Roe O'Neill's SAC Leckpatrick



## **CLUB DRUG AND ALCOHOL POLICY**

**Cumann Lúthchleas Gael are committed as part of their overall philosophy to *'Discourage the use of drugs, alcohol and tobacco on the basis that they are incompatible with a healthy approach to sporting activity'***

Owen Roe O'Neill's GAC believe that we need to work towards creating a safe, healthy Club environment where we can develop the skills and attitudes necessary to cope with drug and alcohol related issues.

All Club members, officials, coaches and volunteers as part of this Club shall follow the law when it comes to illegal drugs, alcohol and tobacco and shall display leadership and good example, particularly when dealing with underage members.

### **Definition of Drugs:**

For the purpose of this policy the term "drug" shall include all mood altering substances, both legal and illegal and involve substances such as:

- Alcohol
- Tobacco
- "Over the counter" medicines such as paracetamol, anti-histamines, cough medicines etc.
- Prescribed drugs such as antibiotics, inhalers, painkillers etc.
- Volatile substances such as aerosols, glues, petrol, cigarette lighter fuels etc.
- Controlled drugs such as cannabis, ecstasy, amphetamines, magic mushrooms, cocaine, etc.
- Performance enhancing sports related drugs as outlined by the World Anti-Doping Agency.

### **Aims and Objectives:**

The aim of this policy is to ensure that all Club members are kept safe from drug-related harm when involved in Club activities.



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Our objectives are:

- To develop a consistent approach to drug-related issues to be adopted by all Club members.
- To develop procedures and protocols that address drug-related issues in the Club.
- To establish clear procedures for managing specific incidents of suspected drug misuse.

### **List of Recommended Actions**

The Chairperson and Executive of the Club shall adopt and discharge actions from following list as appropriate to the resources of the Club.

Owen Roe O'Neill's GAC shall take the following actions:

- The cup shall not be filled with alcohol during celebrations.
- Coaches and Club Officials shall not smoke or drink alcohol while representing their Club at matches or training sessions.
- Cigarettes shall not be sold in the Clubhouse.
- Medal ceremonies shall not be held in pubs.
- Under 18's shall not be brought to pubs on the way home from matches, outings or training sessions.
- Alcohol shall not be served at functions for players aged under 18 years of age.
- Alcohol advertisements shall be phased out on Club jerseys.

All persons associated with our Club can help prevent drug-related harm from occurring during Club activities.

### **Club Members**

- Be aware of and adhere to Owen Roe O'Neill's GAC Club policy in relation to drugs.

### **Parents and Guardians**

- Support the Club in the development and implementation of this Policy including procedures for handling incidents of suspected drug misuse.





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### **Coaches**

- Be aware of the possibility of drug misuse among players and pass on concerns with the aim of preventing harm.

### **Club Alcohol and Substance Abuse Policy Officer**

- The A.S.A.P. Club Officer is responsible for overseeing the development, implementation and evaluation of this policy in conjunction with the Club Chairperson and Executive.
- The Club A.S.A.P. Officer for 2012 is Carmel Harper (Tel: 71383741 Mob: 07719350323)

### **Club Chairperson and Executive**

All relevant information, paraphernalia or suspected substances found or received shall be forwarded to the Club Chairperson who shall consult with the necessary parties before taking relevant action based upon this Policy.

In the event of the Chairperson not being available to discharge these duties this responsibility will then automatically fall to the Vice Chairperson or Secretary.

### **Education programme about drugs and alcohol**

Owen Roe O'Neill's GAC shall arrange for a Drug Education Programme for members, players, parents etc as appropriate. This Drug Education Programme may include the promotion of Club policy, provision of literature, workshops or information sessions.

- The Club A.S.A.P. Officer in conjunction with the Club Chairperson and Executive shall arrange to provide drug education annually for adults associated with the Club.
- The Club A.S.A.P. Officer in conjunction with the Club Chairperson and Executive shall arrange to provide age appropriate drug education annually for young people associated with the Club.

### **Protocol for dealing with drug misuse**

Owen Roe O'Neill's GAC shall endeavor to respond to all drug-related incidents in a firm but fair manner, with due respect for the safety and welfare of individuals





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involved, other members of the Club and the wider community. We shall also fulfill any legal obligations that might apply.

### **Outline of Restrictions**

The misuse or supply of drugs is viewed as unacceptable by Owen Roe O'Neill's GAC and is punishable by warnings, suspensions and expulsions as deemed appropriate. It is also unacceptable for members or officials to present for Club duties while under the influence of a drug.

### **Reporting of Incidents**

Alleged or confirmed incidents in breach of this policy shall be referred to the Club Chairperson or nominee.

### **Recording of Information**

Information regarding alleged or confirmed incidents in breach of this policy shall be recorded in writing. The recording of factual information is preferable and all opinions shall be stated as such. Responses to cases shall also be recorded in this way. Only in confirmed cases shall names of individuals be recorded.

### **Confidentiality**

While every effort shall be made to respect confidentiality, it may not be always be possible to guarantee confidentiality in relation to drug-related incidents.

### **Involving Parents/Guardians**

Incidents involving any person under 18 years of age will require their parents/guardians to be informed.

Parents/guardians shall be invited to discuss what has happened and shall be informed of any course of action to be taken by the Club. The Club Chairperson and Executive shall nominate a person to inform parents/guardians on a case by case basis.

### **Garda/PSNI Involvement**

Incidents that involve the illegal supply of drugs shall require Garda/PSNI involvement. In all other drug-related incidents, each case shall be considered on





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an individual basis and the decision shall rest with the Club Chairperson and Executive as to whether or not the police are involved.

### **Search**

The Club Chairperson and Executive retain the right to direct a search of any part of Club property if there is reasonable cause to believe a substance in breach of this policy is contained therein. Two officials of the Club shall be present during any form of search. Club Officials are not allowed to search an individual or their personal property. Where there is reasonable cause to believe a person has in their possession a substance in breach of this policy, they shall be asked to volunteer the substance. If they refuse, the Garda/PSNI may be called in to conduct a search.

### **Disposing of suspected illegal substances**

If a suspected illegal substance is found on Club property it shall be brought to the attention of the Club Chairperson. The substance shall be stored securely and the Club Chairperson shall then decide whether the Garda/PSNI should be called to collect it, or whether it should be disposed of. Any disposal of suspected illegal substances shall be recorded and witnessed by two officials. At no time shall a suspected illegal substance be removed from Club property by anyone other than the Garda/PSNI.

### **Availability, use and storage of solvents and gases**

A large number of solvent based products have the potential to be abused (e.g. deodorants, paints, thinners, cleaning fluids etc). All solvent based materials and gases shall be stored securely and safely away from public access.

### **Monitoring and Evaluation**

This policy is in force at all times and during all activities conducted under the aegis of Cumann Lúthchleas Gael.

This policy shall be evaluated annually and after every drug-related incident. This policy shall come into effect on 1<sup>st</sup> January 2012 and shall be reviewed annually thereafter by the A.S.A.P. Club Officer in conjunction with the Club Chairperson and Executive.





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Signed \_\_\_\_\_ Club Chairperson

Signed \_\_\_\_\_ Club Secretary

Signed \_\_\_\_\_ ASAP Club Officer





## ALCOHOL CONSUMPTION AUDIT

Questions	Scoring system					Your score
	0	1	2	3	4	
How often do you have a drink containing alcohol?	Never	Monthly or less	2 - 4 times per month	2 - 3 times per week	4+ times per week	
How many units of alcohol do you drink on a typical day when you are drinking?	1 - 2	3 - 4	5 - 6	7 - 9	10+	
How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you failed to do what was normally expected from you because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you needed an alcoholic drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you been unable to remember what happened the night before because you had been drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
Have you or somebody else been injured as a result of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested that you cut down?	No		Yes, but not in the last year		Yes, during the last year	





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## ALCOHOL AND SPORTS PERFORMANCE

### **Playing, celebrating and drinking.**

The social side of Gaelic Games is very important and celebrating with team members after a match is a tradition in some clubs. However, if your celebrations involve drinking alcohol and especially if you drink to the point where you get drunk, this can seriously affect your fitness.

If you take your sport seriously, and like to do the best you can for yourself and your team, it's worth knowing the facts and what you can do to reduce your risk of poor performance.

### **Effects of alcohol on your performance.**

Greater risk of muscle cramps: During exercise, your muscles burn sugar thereby producing lactic acid. Too much lactic acid leads to muscle fatigue and cramps. If you drink in the 24 hour period before a match the alcohol contributes to a bigger build-up of lactic acid and dramatically increases your risk of cramping.

Greater risk for injuries and complications: Alcohol increases the bleeding and swelling around soft tissue injuries (sprains, bruises, and cuts- the most common sports injuries) requiring a longer recovery period. Alcohol also masks pain, which may lead you to delay in getting treatment - rapid treatment can make all the difference in a speedy recovery. If you've been injured, avoid alcohol, as it will complicate your recovery.

Greater body heat loss: Alcohol is a vasodilator (it causes the blood vessels near the surface of the skin to expand) and thereby promotes heat loss and a lowered body temperature.

Reduced endurance: The blood sugar your body needs for energy is produced by the liver when it releases glucose into the blood stream. Drinking alcohol in the 48 hour period before a match reduces your body's ability to produce this sugar, so you have less energy and less endurance capacity.





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**Slower reactions:** Alcohol is a sedative and it can affect your performance during a game for up to 72 hours after you have finished drinking. Some players think they have less tension and increased relaxation as a result of alcohol. The actual result, however, is poorer hand/eye coordination and slower responses.

**Dehydration:** Alcohol promotes water loss. It reduces the production of the anti-diuretic hormone, causing you to urinate more. This, in turn leads to dehydration.

**Vitamin and Mineral Depletion:** Water loss caused by alcohol consumption involves the additional loss of important minerals such as magnesium, potassium, calcium, and zinc. These are vital to the maintenance of fluid balance and nerve and muscle action and coordination.

**Reduced aerobic performance:** Alcohol reduces the body's ability to convert food to energy and also reduces carbohydrate/blood sugar levels. These effects, together with lactic acid build-up and dehydration, combine to reduce aerobic performance.

**Muscle injury:** The usual treatment for injury (rest, ice, compression, elevation) can be negated due to the painkilling effect of alcohol. If you can't feel the pain of your injury you are less likely to take care of it and slow your recovery time or even cause further damage.

So, no matter how much training and conditioning you've put in, drinking up to 72 hours before a match will take the edge off your fitness. If you want to be the very best you be at your sport you'll have more of a chance of achieving that by not drinking alcohol. However if you do want to drink it's best to drink a little and not too often.

If you would like more information on drug or alcohol related issues contact...

Brendan Murphy

National Coordinator - Alcohol & Substance Abuse Prevention (ASAP) Programme

GAA Connacht Council Office

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