



Operational Guidelines Booklet



for
The Official GAA
Summer Camps





Vhi GAA Cúl Camps – Operational Guidelines

Guidelines for the Staging of Vhi GAA Cúl Camps

Vhi GAA Cúl Camp Co-ordinators' Handbook



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Teachtaireacht an Uachtaráin

Is chúis mór áthas dom an deis seo a fháil cúpla focail a scríobh ar fhoilsiú an lámhleabhar seo.

This is the third year of this initiative and we are very excited about its continued success. Summer camps were first organised on an ad hoc basis in the 1980s and have proved most popular in the intervening years among children throughout Ireland. The huge growth in numbers attending GAA-run camps established a need for their organisation on a national basis, thus enabling the promotion of the camps in a more streamlined manner and ensuring that quality of standards and principles of best practice will be observed nationwide.

The VHI GAA Cúl Camps have huge potential to increase participation in our games all over Ireland and we are delighted that Vhi Healthcare have joined with us in our endeavours to provide what we feel will become a hugely popular summer activity for children. I think that their involvement will add an extra dimension to the underlying Camp philosophy given their health and safety focus.

While GAA-run summer camps have operated successfully for many years, I am confident that through this fresh initiative we will be able to combine our resources to ensure a first class product nationwide and provide for our children a most enjoyable, healthy and memorable summer experience.

Le gach Dea-ghuí,

**Níoclás Ó Braonáin,
UACHTARÁN CLG**



Introduction

Cúl Camps are a participation and skill development initiative associated with the Fun Do phase of the Pathway to Elite Performance (PEP).

The Fun Do Phase of the Pathway emphasises the development of the skills of the game in a positive playing environment and, in the process, providing children with the opportunity to derive maximum enjoyment from their involvement in Gaelic Games. Opportunities for participation that are appropriate to the needs and abilities of children are central in the battle to provide alternatives to the passive and sedentary lifestyles which are increasingly taking root in modern society.

It is important that all coaches of children buy into this child-centred approach. By doing so, they enable all young participants experience the sense of achievement and fair play which are central to this first stage of development. This, in turn, will enable and encourage young players to progress through the other stages as set out in the Pathway to Elite Performance.

This booklet has been designed to help Cúl Camp Coaches deliver an exciting and varied programme of activities for boys and girls in accordance with Best Practice in a fun environment for all participants.

For more information on the Pathway to Elite Performance visit <http://gamesdevelopment.gaa.ie/>

Philosophy

The greater the sense of achievement experienced by Players, the more they Enjoy their involvement and the greater the Effort they will make to Excel

Cúl Camp Mission Statement

The GAA is committed to implementing a Cúl Camp programme of skill development activities in a positive playing environment, to provide children with the opportunity to derive maximum enjoyment from their involvement in Gaelic Games with a view to maximising participation, optimising playing standards and ensuring that Players' needs are catered for in a Balanced and Holistic way.



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Procedures

Any GAA unit that wishes to organise and run a Vhi Cúl Camp must seek approval from their own County Coaching & Games Development Committee. A standard approval form is available from your County Coaching & Games Development Committee.

Policy Guidelines

To ensure that National policy is adopted, a committee must be appointed within each club/camp and given overall responsibility for the organisation and running of the Vhi Cúl Camp.

Camp Coordination

To ensure that the highest possible standards of administration and coaching are maintained the following guidelines must be observed by all clubs/camps staging Vhi GAA Cúl Camps:

- County Coaching & Games Committees will provide an induction / training programme for all camp supervisors which will include the following:
- Child Abuse Guidelines.
- Practical Coaching.
- Overall Organisational Techniques.
- Dealing with Conflict / Discipline.
- First Aid.
- County Coaching & Games Committees will also provide an induction / training programme for all coaches who are working on the Camps.

All Camp coaches must possess the basic Foundation Level qualification.

Dates and Schedule

Clubs/Camps that wish to run a summer camp must set aside a minimum one week for a Cúl Camp. If, for example, a Club wishes to run three weeks of summer camps, one of these weeks must be a Cúl Camp.

Vhi GAA Cúl Camps are 5-day camps, which should be preferably mixed camps but can be football or hurling/camogie only, camps. Camp Organisational and Activity Guidelines will be available to participating Clubs/Camps from June. No non-GAA activities can be included in Vhi GAA Cúl Camps.

Numbers and Age-groups

Clubs/Camps are to put a limit/cap on the number of children, in line with Best Practice, that can attend a particular camp. Gear is limited so any overrun on numbers may mean that there will not be enough kit to cover such an overrun.

The camps are open to boys and girls from the ages of 7 to 13.



Camp Packs

Sample gear will be available to counties by early February.

Camps/Clubs must order their Vhi Cúl Camp packs through the county co-ordinator when requested by National co-ordinator.

There is to be only one distribution/collection point in the County and that will be at the County Coordinators discretion. The delivery date for gear will be from mid-June.

Exchanging of Gear

Only Croke Park is to make contact with the suppliers with regards to the exchanging of gear.

The exchanging of gear within a County can only be done by the County Co-ordinator. Co-ordinators must keep account of the type and amount of gear that is exchanged.

Clubs/Camps can provide their own camp pack/promotional material at Vhi GAA Cúl Camps (in addition to the Vhi pack) but this is to be at the end of the week of the Vhi Cúl Camp. Clubs may not provide their own camp pack instead of the Vhi pack.



Staffing and Costs

If the County Board is not running the Vhi GAA Cúl Camps then Clubs/Camps are responsible for their own staffing.

The Games Development Committee sets a levy to be paid by every child attending the Vhi GAA Cul camps. A ceiling is also placed on the maximum cost of a camp.

Clubs may, in some instances, have an additional charge for transport. Any 'deals'/special rates for second children, per family, etc. are at the discretion of the participating Club/Camp.

It is essential that the Chairman of the Club summer camp committee be in regular contact with the County Coaching Officer and/or the Coaching & Games Promotion Officer in relation to the organisation and running of the Vhi Cúl Camp.

Remuneration to Croke Park

It is the responsibility of the County Coaching and Games Committee to ensure that monies owed for kit is paid by cheque, which should be made out to Cumann Lúthchleas Gael, and to ensure that Croke Park receives the levy for each kit supplied.

Remuneration to County

Provincial Councils will decide the 'dividend' per player, per camp, per County.

Please note: remuneration to the County from Croke Park will depend on receipt of payment from the County. Non-conformity or delay with payment to Croke Park may affect Coaching & Games funding from Croke Park to the County.

Safety/Insurance

All Clubs/Camps staging Vhi GAA Cúl Camps should note the following:

- Only Clubs/Camps that have received approval from their County Coaching & Games Committee to stage Vhi GAA Cúl Camps are covered under the G.A.A. Insurance Schemes.
- Participants who wish to take part in a Camp, who are not members of a GAA unit, may obtain GAA membership with the Club they wish to attend, or, should they choose not to become a member, may not be covered for all GAA Insurance programmes. It would be advisable for all attendees to take out personal insurance (i.e., for loss of mobile phone) and personal injury insurance, also.
- Only activities which are approved for inclusion on the Vhi Cúl Camp programme by the National Coaching & Games Committee can be undertaken on the Camps.
- As part of the approval process, the County Coaching & Games Committee must be satisfied as to the venue staging the Vhi Cúl Camp to ensure the safety of all participants.

Club/Camps should ensure that:

1. Adequate rest periods are scheduled into the session plans.
2. All sliotars / footballs are gathered in during lunch break and the children must be supervised / entertained for the duration.
3. Ratio of children to coaches - 10 Children to one Coach is the recommended ratio.

Duration

5 Days (10.00 a.m. – 2.30 p.m.)



Camp Dates

Dates of Vhi GAA Cúl Camps must be submitted to the County Coaching & Games Development Committee for approval as directed by the national Coordinator.

Promotion, Sponsorship and Application

The exact naming standard of the camps are the Vhi GAA Cúl Camps. Clubs may put on "in association with Na Fianna". Promotional material i.e., Brochures (which incorporates the Application Form) and Posters will be sent to each Club/Camp via the County Co-ordinator as appropriate.

Vhi GAA Cúl Camps will be promoted nationally and as Vhi Healthcare is the principal sponsor, no other sponsorship will be entertained.

The Application Procedure for parents is twofold:

1. Parents can complete the Application Form on the back of the promotional brochure or,
2. They can download and complete the Application Form from www.gaa.ie and return it to the Club.

Supervision

A Co-ordinator for the Club Camp should be appointed by the Club Committee and approved by the County Coaching & Games Committee. This person will be responsible for supervising the camp on a day-to-day basis and must be over 21 years of age. He/she must have a minimum Foundation Level Coaching qualification. His / her role will include the following:

- Monitoring of Coaches
- Discipline
- Lunch Breaks (Supervision)
- Equipment Distribution and Collection
- Tending to Guests
- Basic First Aid
- Collection of Application Forms



Risk Management Programme Requirements

The objective of a sports risk management programme is to protect assets and financial resources of the organisation and its members by reducing risk and the potential for loss. Reduced legal risk is a by-product of the implementation of an effective risk management programme.

Risk Management Policy

A GAA club's executive or committee should define and document its policy for risk management. The risk management policy should be relevant to the club's strategic context and its goals, objectives and the nature of the business.

The policy may include the following information:

- The rationale for managing risk.
- The objectives of, and commitment to, risk management.
- The links between the policy and the club's strategic plan.
- The extent or range of issues to which the policy applies.
- Guidance on what may be regarded as acceptable risk.
- Who is responsible for managing risk.
- The support available for those managing risk.
- The level of documentation required.
- The plan for reviewing organisational performance in regard to the policy.

Management should ensure that this policy is understood, implemented and maintained at all levels of the club.

There is constant need for administrators to identify risks, deal with them and then evaluate whether the strategies that are subsequently implemented are effectively dealing with the risk.

Risk Management Process

Integral to the management process at a club should be the management of risk. Although managing risk in any club or organisation follows a generic process, the approach taken will depend on the context in which it is used – the type of organisation, programmes offered and type of activity.

The risk management process involves five logistical steps, including:

1. Establish the context – this stage is essential in order to gain an understanding of the factors (within and outside the club) that affect risk management.
2. Identify risk to which your club and its people are exposed.
3. Analyse the risks by considering the sources of risk, existing controls, likelihood and consequences of the level of risk that exist.
4. Evaluate the risk to determine whether the risk is acceptable or unacceptable.
5. Treat the risks to reduce, avoid, transfer or finance them.

The five steps involved in the risk management process are supported by the on-going activities of communication and consultation, and monitoring and review.



The criteria for evaluating risk for your club is shown below:

Measures of likelihood

Level	Rating	Description
A	Rare	The event may occur only in exceptional circumstances
B	Unlikely	The event could occur at some time
C	Possible	The event might occur at some time
D	Likely	The event will probably occur in most circumstances
E	Almost Certain	The event is expected to occur in most circumstances

Measures of consequence or impact

Level	Rating	Example Detail Description
1	Insignificant	No injuries, low financial loss, no real effect on operations
2	Minor	First-aid treatment, medium financial loss, minimal effect on operations
3	Moderate	Medical treatment required, high financial loss, significant effect on operations
4	Major	Extensive injuries, loss of production capability, major financial loss, major effect on operations.
5	Catastrophic	Death, huge financial loss, catastrophic effect on operations

Qualitative risk analysis matrix – level of risk

Likelihood	Consequences				
	Insignificant	Minor	Moderate	Major	Catastrophic
	1	2	3	4	5
A (Rare)	L	L	M	H	H
B (Unlikely)	L	L	M	H	E
C (Moderate)	L	M	H	E	E
D (Likely)	M	H	H	E	E
E (Almost Certain)	H	H	E	E	E

Legend:

- E = Extreme risk; immediate action required.
- H = High risk; senior management attention needed.
- M = Moderate risk; management responsibility must be specified.
- L = Low risk; manage by routine procedures.



Risk Management Practices

Documented policies and procedures are critical components for a camp, with checklists usually being an integral part of the procedures. Often, numerous individual risks can be addressed via one policy statement or checklist. For example, a documented volunteer's policy may outline clearly the expectations of all volunteers and outline what exactly what is considered to be safe voluntary practice. A first aid policy would do likewise with regard to first aid and facility checklist to be completed before each game would address many physical risk exposures.

Preparing a policies and procedures manual may appear a daunting prospect, but it is invaluable to a camp, particularly in these litigious times. Clubs that have embarked on implementing a risk management programme will agree that the biggest hurdle is taking the first step.

While every camp or Club needs to consider what policies and procedures are necessary, for its particular needs, the following will address various matters that will often be included:

Considerations for inclusion in a policies and procedures manual

1. Child Protection Legislation
2. Providing a Safe Environment
3. Sports Injury Prevention and Treatment

Child Protection Legislation

(please refer to "Code of Best Practice for Youth Sport" booklet)

Children First: National Guidelines for the Protection and Welfare of Children (1999) stipulates that all organisations providing services to children should adopt and implement a Child Protection Policy consistent with that outlined in the National Guidelines. Much of GAA policy on child protection is covered in the GAA Club Manual, the GAA Code of Best Practice for Youth Sport, the GAA Guidelines for Dealing with Allegations of Abuse, and the Code of Ethics & Good Practice for Children's Sport

Child protection legislation refers to keeping children safe from abuse and protecting them from people who are unsuitable to work with children. The major focus of legislation involves rigorous background checks on any individuals that wish to work with children. Children have a fundamental right to be safe from any form of abuse while involved in sport. Child protection requires a commitment at all levels to ensure that sporting environments are safe for children. This means that clubs need to be aware of their legal and moral obligations to the children in their care and to appropriately establish policies and procedures to counter and deal with child misdemeanours. For sample Policies and Procedures refer Appendices.

By far the majority of staff and volunteers working with children are safe. However, it is important that clubs establish careful screening procedures to minimise the risk of child abuse occurring within their club.

Providing a Safe Environment

Every club has a responsibility to provide a safe environment for players, coaches, referees, officials, volunteers, spectators and the public. Creating a safe environment is not hard, it is common sense, but again it is necessary to develop a plan. Safety is not a one-off event, but a cycle of continuous review and improvement. Sample checklist forms, in regards to safety, Forms A and B (Pre-Camp) and Form C (In-Camp) can be found in "Vhi Cúl Camp Forms" from pages 24 - 35. Clubs/camps should use these samples forms to help them devise a safe environment before a camp starts and during the camp. When looking to provide a safe environment, your club should consider the following elements:



Environmental Conditions

Have a plan for how your club will deal with environmental conditions.

- What will happen in situations of extreme heat, or cold, or rain, or electrical storm?
- Under what weather conditions will the camp be called off?

Facilities and Equipment

A common method of identifying risks emanating from facilities and equipment is via physical inspection, aided by checklists (refer Forms A, B and C). These checklists are not intended to identify risks for all situations – they are a guide only. Coordinators should undertake an extensive risk identification programme on their own facilities and design appropriate checklists. There must be a planned approach and facility and equipment inspections must be carried out regularly. It goes without saying that the value of these inspections depends on identified risks being addressed.

First Aid

The common thread throughout this module is safety. As Gaelic football, hurling and camogie have the potential for injury, the necessity for policies and procedures in regard to injury treatment is obvious. Consider the following questions:

- Does your Club have a first aid plan or policy that is communicated to the appropriate personnel within the club?
- Does this plan include procedures for management of concussion/head injuries and open wounds and bleeding?
- Does your club have a clean and hygienic designated first aid room, with a treatment table and appropriate lighting?
- Is there a first aid kit or cabinet in a secure place? Is it regularly checked and restocked?
- Is ice readily accessible in the first aid room (and playing area)?
- Is there a list of emergency telephone numbers accessible to all authorised staff?
- Are emergency procedures posted?

For sample Cúl Camp Forms A, B, C, E and F.

Coaches and Officials

Coaches and officials have always had a huge impact on a player's health and well-being and as such, when it comes to employing them in your Club, some considerations that need to be taken into account are:

- Does your club use only accredited coaches and officials?
- Do they attend regular education updates and undergo re-accreditation?
- Are all programmes and activities planned and conducted according to recognised safety guidelines?
- Are all activities properly supervised by qualified personnel who inform participants of safety issues?



- Are coaches and officials regularly updated regarding new activity hazards and safety measures?
- Do coaches or officials have adequate first aid training?
- Do coaches and officials act as positive role models, e.g., non-smoking?
- Does your Club incorporate codes of behaviour and sports safety principles into coaches' and officials' role descriptions?

Sports Injury Prevention and Treatment

Participation in sport carries with it a risk of injury. Gaelic football, hurling and camogie, being contact sports, could be considered a higher risk than non-contact sports. The aim must be for all involved to take all reasonable action to make our sports as safe as possible, not only for players, but also referees, other officials, voluntary workers, administrators and spectators.

Preventing injuries in Gaelic games is the ultimate goal, but as injuries will continue to occur despite the most thorough of prevention strategies, much attention must also be given to response to and treatment of injuries.

There are many areas that need to be considered with regard to injury prevention, all of which come under the general heading of risk management. We have environment, facilities and equipment, coaches and officials, volunteers and health policies to name a few.

When it comes to response to and treatment of injuries, we have first aid, injury referral, injury management and emergency plans. All need to be included as part of the overall plan.

Injury Referral

Associated closely with first aid, injury referral should be addressed in the Club guidelines:

- Under what circumstances will ambulance services be used?
- Under what circumstances will participants be referred to a doctor, hospital or dentist?
- Do you know where the closest service is and will it be available to injured participants?

For sample Incident/Accident & Medical Arrangement Forms, refer Forms E and F.

Injury Surveillance

Important information can be gained from the data collected with regards to injuries, however generally, the collection of injury data has been neglected. By studying information such as the type of injury, location of injury, how it was caused and what was the activity at the time, intervention strategies can be created and put in place to reduce the incidence and severity of injuries. Clubs are encouraged to maintain injury data for this purpose, but the information can also play an extremely important role if litigation results from a particular injury.

Consider the following with regard to your club's policies and procedures:

- Does your club maintain injury records?
- Are these records adequately stored in an accessible form?
- Are these records used to produce reports that are used in designing injury prevention strategies to improve safety practices?
- Are injury records reviewed?
- Does your club contribute its data to other data collections to provide a larger sample?



Emergency Plans, Incident Management and Response

The policies and procedures your club will have already documented under the headings above, particularly first aid will provide the foundation for these procedures. Accredited first aid people will know what actions to take in the event of serious injury for example. However, it is not appropriate for a club to rely on the intellectual knowledge of an individual. What happens if that person is not present? Documented procedures that are readily available and effectively communicate all aspects of emergency plans are vital.

Coaching

To ensure that the highest possible standards of coaching are maintained the following guidelines must be observed by all clubs staging Vhi GAA Cúl Camps:

- County Coaching & Games Committees will provide an induction / training programme for all camp supervisors which will include the following:
 - Child Abuse Guidelines.
 - Practical Coaching.
 - Overall Organisational Techniques.
 - Dealing with Conflict / Discipline.
 - First Aid.
- County Coaching & Games Committees will provide an induction / training programme for all coaches who are working on the Camps.
- All Camp coaches must possess the basic Foundation Level qualification.

Discipline

- Camp rules should be explained in detail to all concerned and should be rigidly imposed.
- A Code of Conduct (refer page 15) should be enforced making use of disciplinary points.
- Roll Calls should be taken twice each day – on arrival and after lunch.
- Camp activities should begin and end at the appointed time (10.00 a.m. to 2.30 p.m. is recommended).
- Children are not allowed to leave a camp unless they have a note from their parents or the supervisor's permission.
- In the interest of safety and enjoyment helmets must be worn during the hurling sessions at all times.
- Establish a litter patrol / watch during lunch breaks.

Good Practice In Coaching

Young people are entitled to:

- Be safe
- Be happy, have fun and experience a sense of enjoyment and fulfilment (There is little or no joy in being a substitute or being continually taken off the team)
- Be treated with respect
- Comment and make suggestions in a constructive manner
- Be afforded appropriate confidentiality
- Be listened to
- Be believed



Young People and Sport

- To learn new skills
- Make new friends
- Be part of a group
- Experience excitement / face challenges / action
- To have FUN
- Win and be successful

Role of competition

Competition Types

- Direct competition – versus others to win and gain supremacy
- Indirect competition – with self evaluation of past and personal experiences/performances competition does not necessarily produce excellence

Guidelines for Children

Young people should be encouraged to realise that they also have responsibilities to treat others with fairness and respect.

Young Players should undertake to:

- Play fairly, do their best and enjoy themselves.
- Represent their family and Club with pride and dignity.
- Shake hands before and after games irrespective of the result.
- Respect officials and their decisions gracefully.
- Respect fellow team members giving them support when they do well or not so well.
- Respect their opponents.
- Accept apologies from opponents when they are offered.
- Be modest in victory and gracious in defeat.
- Set high standards of fair play for others to follow.
- Adhere to proper standards of behaviour and the Code of Conduct
- Let the Coach know when they are unavailable
- Approach the Club's Youth Officer with any questions or concerns they may have

Young People should NOT:

- Cheat – always play by the rules
- Bully – or take unfair advantage
- Shout at or argue with an official
- Tell lies about adults or other children
- Spread rumours

Role of the Coach

Team Coaches and Mentors can ensure that sport has a beneficial impact when they adhere to the following guidelines:



Code of Conduct

- Respect the rights, dignity and worth of every person and treat each one equally regardless of age, gender or ability.
- Ensure that nobody involved with the team acts towards or speaks to another person in a manner or engages in any other conduct which threatens, disparages, vilifies or insults another person on the basis of that person's race, religion, colour, descent, national, ethnic or socio-economic background.
- Be positive during coaching sessions so that participants always leave with a sense of achievement and an increased level of self-esteem.
- Recognise the development needs of young players (avoid excessive training or competition) and ensure that they are matched on an individual or team basis.
- Rotate the team captain and the method used for selecting teams so that the same players are not always last to be selected.
- Be punctual, properly attired, lead by example, avoid smoking or the consumption of alcohol in presence of young people.
- Plan and prepare appropriately for each session and ensure proper levels of supervision.
- Ensure the Executive has granted permission before taking photographs, making videos or fitness testing e.g. measuring body fat, etc.
- Ensure games, activities and playing equipment are customised to suit the needs of those involved in terms of age, ability, experience and maturity.
- Avoid overcoaching i.e, insisting upon set (stereotyped) playing patterns where individual decision-making and creativity are stifled or where people are confined to playing in set positions on a continuous basis.
- Don't shout at/ lecture players or reprimand/ridicule them when they make a mistake.
- Set realistic – stretching but achievable – performance goals.
- Praise and reinforce effort/commitment and provide positive feedback.
- Don't equate losing with failure and do not develop a preoccupation with medals and trophies. The level of improvement made by players is the best indicator of Coaching effectiveness.
- Encourage parents/supporters to play an active role in organising activities and to draft a Code of Discipline for everyone involved.
- Never use any form of corporal punishment or physical force.
- Never use foul language or provocative language/gestures to a player, opponent or match official.
- Do not take coaching sessions on your own.
- Make adequate provision for First Aid and do not encourage or allow players to play while injured. (Keep an adequate record of each injury and ensure that another official - umpire/member of Coaching staff – is present when a player is being attended to and can corroborate the relevant details).
- Ensure players are safely attired and that proper insurance arrangements are in place.
- Ensure that each player observes a high standard of personal hygiene.
- Ensure that all dressing rooms and areas occupied by the team, prior to, during or immediately following the completion of any match are kept clean and are not damaged in any way



Media Relations

Name (Brand): Vhi GAA Cúl Camps

Sub-branding: The Official GAA Summer Camps

How to register:

250,000 brochures have been given to Counties for local distribution

Log onto www.gaa.ie

Click on the Vhi GAA Cúl Camps logo.

- Forms can be downloaded from the website
- County Co-ordinator details and information on where the camps are taking place are listed on the website

OR

Contact the local County Co-ordinator for more information (list attached)

Key messages:

- Spaces are limited, so pre-register now
- The camps are fun, safe and will help children learn and develop sporting and life skills
- Taking place in all 32 Counties and overseas
- Operate Monday to Friday, 10am to 2.30pm

Media:

The GAA has developed a specific advertising campaign to promote the camps and develop the Cúl Camps brand.

Media partners: RTÉ, The Star, The Irish News

Other:

- Vhi Healthcare (except when using the Camps brand, Vhi GAA Cúl Camps)



Vhi GAA Cúl Camps - Potential Queries

1. Why is my camp full? Why are there only limited spaces available?

The camp is full as the Vhi GAA Cúl Camps have proved extremely popular. People were asked to register early to avoid disappointment and registration is done on a first come first served basis.

There are limited spaces available due to safety reasons. We would love to cater for every child but this is just not feasible if we are to provide a safe environment and to properly cater for all those attending.

Answer below depends on various factors:

* There are spaces left in a Vhi Cúl camp being run in....

We may be able to refer them to a camp nearby that is not full, or one in a neighbouring County.

2. Are the Staff Qualified?

All the staff and coaches employed at the Vhi GAA Cúl Camps are qualified coaches who have undertaken courses conducted by the GAA. The Vhi GAA Cúl Camps are the official GAA Summer Camps.

3. Why does my camp cost more than the camp in my neighbouring County?

Prices may vary between counties as each county decides what to charge for entry into Vhi GAA Cúl Camps run in that particular county.

The price charged in different counties depends on various factors, including local costs and the relative financial status of the County Board.

4. Can my child attend a camp outside his/her county?

Yes, he/she can attend a camp outside his/her county. Please see www.gaa.ie to check availability in each county. You can download registration forms from the website and contact the county co-ordinator in that particular county (contact details are also provided on the website). The website will be updated regularly to show what camps have spaces and what camps do not all over the country.

5. What is the difference between a Cúl Camp and my local GAA Club summer camp?

Vhi GAA Cúl Camps are the official GAA Summer Camps. It is a national programme that has been developed and the programme for the camps will be the same in each camp. The staff working on the Vhi GAA Cúl Camps are experienced coaches (male and female), who have GAA qualifications. Children attending the Vhi GAA Cúl Camps will also receive a specially designed kit and knapsack free.

6. Can my child attend a camp even though they are less than seven years of age?

We realise that in these changing times, with both parents working and schools being closed for the break, that sending children on Summer Camp can ease concern. Although some children under 7 can have the physical and mental maturity of a 7 year old, on the whole, unless they command, as a minimum, the ABCs (Agility, Balance & Co-ordination), the programme devised for the Cúl Camps would be too advanced. The Cúl Camp Activity Guidelines are targeted at children who should already have comprehension of the ABCs. Ultimately, the discretion of accepting a child is up to the Camp Co-ordinator. Should the Camp Co-ordinator accept a child under 7, they must make it known to the parent/guardian that they accept the child on the proviso that it has been made clear to the parent/guardian that their child will be treated no differently than participating children between the ages of 7 - 13 and that the parent/guardian's consent has been noted in this exceptional circumstance.



Code of Best Practice for Youth Sport

Cumann Lúthchleas Gael is committed to implementing a Code of Best Practice for Youth Sport, which outlines guidelines for Team Mentors, Officials, Parents/ Guardians, and Players as the respective parties involved.

The Code underpins a Basic Philosophy that:

'The greater the sense of achievement, fun and fair play that young people experience when participating in Gaelic Games, the more they will enjoy their involvement and strive to develop their True Potential.'

The Code is produced by the GAA Coaching and Games Development Committee and approved for use by the Irish Sports Council and the Sports Council of Northern Ireland. Indeed the Sports Council of Northern Ireland has determined that it's a legal requirement for all Club Officials to take this Course.

A National Programme to educate on and implement the Code is under way and information on the Programme is available through your County Board Youth Officer or County Development Officer.

The Guidelines for team mentors and officials in the Code of Best Practice for Youth Sport are outlined below:

- Dignity and Rights of Youth
- Putting 'Fair Play' into Perspective- 'a way of thinking not just behaving'.
- Code of Conduct for Coach/Team Mentors
- Role of Parents/Guardians- The Dos and Don'ts
- Role of Young People
- Best and Bad Practice
- Role of Youth Liaison Officer
- Drugs Misuse/Substance Abuse Education Programme

The new Code of Best Practice for Youth Sport, when updated, can be downloaded from www.gaa.ie



Vhi/GAA Cúl Camp – Nutrition

Information for coaches to give a short talk to children during Vhi/GAA Cúl Camp Week

What should children eat and drink during Vhi Cúl Camp week?

Fuelling up correctly for camp is vital. Choosing the right types and amounts of different food isn't always easy. Here is a guide to what children should eat and drink during Vhi/GAA Cúl Camp Week.

Remember children can get very hot as they exercise. They can overheat easily. Drinking water at regular intervals during camp will help children stay cool.

Encourage children to have a healthy breakfast to get them off to a good start. Suggestions are:

- Cold breakfast cereal with milk and a glass of fruit juice
- Hot breakfast cereal with milk and a glass of fruit juice
- Petit pan roll/bap, a banana and a glass of milk
- Boiled/scrambled egg, toast and a glass of fruit juice
- Smoothie made with milk, yoghurt and fresh fruit. Plus a slice of toast
- Porridge with milk and a glass of fruit juice
- Beans on toast and a glass of fruit juice
- Waffles, beans and a glass of milk
- Bagel and ready-to-eat fruit such as apricots/dates/dried mango/small packet raisins and a glass of milk
- Breakfast bar or muesli bar, glass of milk and a banana

What should children bring for lunch?

The best type of lunch is an energy packed lunch which all the GAA stars have!. It's as easy as 1, 2, 3, 4. Choose one item from each of the 4 sections below:

1. Choose one item from this group of foods

- **Sandwich/wrap/bagel**

Suggested fillings include: tinned fish, ham, egg, chicken, turkey, hummus, beans, cheese PLUS one or two vegetables such as lettuce, cucumber, tomato, onion, relish or chutney.

- **Crackers/bread sticks with cheese**

Cheese suggestions include: sliced/ grated/ cubed/ cream cheese, cheese strings, cheese triangles or baby single serving size cheeses

- **Salad**

Salad suggestions include: pasta salad, rice salad, potato salad, bean salad.

2. Choose one item from this group of foods

- Whole fresh fruit (any type)
- Homemade fruit salad
- Fruit chunks in ready to peel packs



3. Choose one item from this group of foods

- Oatcake
- Flapjack
- Plain digestive
- Fairy bun
- Madeira cake
- Mini muffin

4. Choose one item from this list of drinks

- A fluid bottle filled with fresh water
- Water with low calorie squash
- Fruit juice



Vhi Cúl Camp Forms

Where appropriate, the relevant Forms should be photocopied and filed in a secure folder, then forwarded on to the County Co-ordinator at the start of the Camp (Precamp Checklists) and the rest at the end of the Camp.

Form:

- A. Precamp Facility Checklist
- B. Precamp First Aid & Injury Management Checklist
- C. Incamp Safety Checklist
- D. Cúl Camp Record
- E. Medical Arrangement Form
- F. Incident/Accident Form
- G. Parent Feedback Form
- H. Coaches feedback Form

The Forms are not intended to be exhaustive checklists.

They are to be used as a reference only. All clubs/camps must give consideration to their own specific circumstances. The GAA and Vhi Healthcare accepts no responsibility for the accuracy of the information or your reliance on it.



Form A

Club Camp Venue: _____

Date: _____ / _____ / _____ **FORM A**

Pre Camp Facility Safety Maintenance Checklist

Tick (✓) after physically inspected and deemed to be acceptable

Are all buildings and structures secure, safe and in good condition?

Is visitor/spectator seating safe and in good condition?

Do facility structures and equipment comply with laws, regulations, rules and standards?

Is the playing arena generally safe and in good condition?

Is the perimeter fencing safe and in good condition?

Are the goalposts firmly in place and in good condition (fixed and portable)?

Is ambulance access provided?

Are the public areas and general grounds safe and in good condition?

Are exits provided and appropriately signed?

Is general lighting provided adequate for security and safety?

Do facilities meet fire safety requirements, e.g. hoses, extinguishers, signs?

Is an evacuation plan in place and staff appropriately trained?

Is an appropriate medical facility available?

Is disabled access provided for?

Are changeroom floor surfaces safe, e.g. studded boots on concrete floors?

Are changeroom lights adequately protected from impact by balls?

Are windows and other glass protected from breakage by balls?

Is car park area free of risk of impact by balls?

Can childrens' property be safely secured while they are participating?

Are separate male and female toilets provided and appropriately signed?

Is toilet security appropriate, with door locks working, etc.?

Is all sporting equipment in good condition and safe?

WEEK									
1	2	3	4	5	6	7	8	9	10

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Checklist completed by - INITIAL

DATE

Important Note: This is not intended to be an exhaustive checklist.

It is to be used as a reference only. All clubs/ camps must give consideration to their own specific circumstances. The GAA and Vhi Healthcare accepts no responsibility for the accuracy of the information or your reliance on it.



Form B

Club Camp Venue: _____

Date: _____ / _____ / _____ **FORM B**

Pre Camp First Aid and Injury Management Checklist

Tick (✓) after deemed to be acceptable

WEEK									
1	2	3	4	5	6	7	8	9	10

First Aid

Does your club have a first aid plan or policy that is communicated to the appropriate personnel within the club?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Does this plan include procedures for management of concussion/head injuries, open wounds and bleeding?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Are surgical gloves and a designated disposal container provided for medical staff to manage bleeding?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Does your club have a clean and hygienic designated first aid room, with a treatment table and appropriate lighting?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Is there a first aid kit or cabinet in a secure place and is it regularly stocked and rechecked?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Is ice readily available in the first aid room and playing area during games?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Is a suitable stretcher available and accessible to all staff?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Is there a list of emergency telephone numbers accessible to all staff?
Are emergency procedures posted?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Injury Referral

Does your club have a policy outlining the circumstances in which ambulance services will be used?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Does your club have a policy outlining the circumstances in which participants are referred to a doctor, physiotherapist, hospital or dentist?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Do you know where the closest service is and will it be available to injured participants?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Form B

Club Camp Venue: _____
Date: _____ / _____ / _____ FORM B

Pre Camp First Aid and Injury Management Checklist

Tick (✓) after deemed to be acceptable

Injury Management and Rehabilitation

What records does your club maintain with regard to player injuries?

WEEK									
1	2	3	4	5	6	7	8	9	10

Does your club provide any facilities for treatment by professionals on site?

--	--	--	--	--	--	--	--	--	--

Injury Surveillance

Does your club maintain injury records?

--	--	--	--	--	--	--	--	--	--

Are these records adequately stored in an easily accessible form?

--	--	--	--	--	--	--	--	--	--

Are these records used to produce reports that assist in designing injury prevention strategies to improve safety practices?

--	--	--	--	--	--	--	--	--	--

Are injury records reviewed?

--	--	--	--	--	--	--	--	--	--

Does your club contribute the data it has collected to other data collections to provide a larger sample?

--	--	--	--	--	--	--	--	--	--

Checklist completed by - INITIAL

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DATE

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Important Note: This is not intended to be an exhaustive checklist.

It is to be used as a reference only. All clubs/ camps must give consideration to their own specific circumstances. The GAA and Vhi Healthcare accepts no responsibility for the accuracy of the information or your reliance on it.



Form C

Club Camp Venue: _____

Date: _____ / _____ / _____ **FORM C**

In Camp Safety Checklist

Tick (✓) after physically inspected

Mon	Tue	Wed	Thu	Fri
-----	-----	-----	-----	-----

Playing Arena/Equipment

Is the surface free of debris?

Have weather conditions or water made the surface unsafe?

Is the surface in good condition, i.e. grass appropriate length, free of holes, etc.?

Are sprinkler covers correctly in place?

Are lighting conditions adequate?

Are ground markings safe and a sufficient distance from fencing and other structures?

Is water available near playing area for filling of water bottles?

Is sports equipment safe and in good condition, e.g. footballs correctly inflated?

Are goalposts correctly secured (fixed and portable)?

General Facilities (including Grandstands)

Are lighting conditions adequate?

Are the facilities free of debris and rubbish bins provided for public use?
Is seating clean and safe?

Are visitors/spectators safely separated from playing arena with an appropriate barrier?

Check safety of any portable seating or scaffolding which has been erected.

Changeroom Facilities

Are lighting conditions adequate?

Are the changerooms safe and hygienically clean, particularly showers and toilets?

Is hot water available for shower facilities?

Are benches and tables provided and in safe condition?



Club Camp Venue: _____

Date: _____ / _____ / _____ **FORM C**

In Camp Safety Checklist

Tick (✓) after physically inspected

Mon	Tue	Wed	Thu	Fri
-----	-----	-----	-----	-----

Toilet Facilities

Are lighting conditions adequate?

Are toilets well maintained, hygienic and adequately stocked?

Are waste bins provided and placed appropriately?

First Aid

Is on-call Doctor name and number known to staff involved?

Is a stretcher provided on site and its location known to staff involved?

Is a telephone available for emergency use, together with emergency numbers?

Have first aid kit stocks been checked against an appropriate checklist?
Is there ice available?

Check sterile medical area is provided for medical staff.

Do staff know the location of the nearest medical centre, hospital and dentist?

Is there clear access for an ambulance?

Environment

Do the existing weather conditions warrant cancellation or postponement of the camp e.g. storms and lightning or hot and humid weather?

Is shade or sun shelter provided for breaks in play?

Do weather conditions necessitate additional requirements, eg. longer breaks, sunscreen?

Checklist completed by - INITIALS

DATE

Important Note: This is not intended to be an exhaustive checklist.

It is to be used as a reference only. All clubs/ camps must give consideration to their own specific circumstances. The GAA and Vhi Healthcare accepts no responsibility for the accuracy of the information or your reliance on it.



Form D

Club Camp Venue: _____
Date: _____ / _____ / _____ FORM D

Vhi Cúl Camp Record

Number of participating children	Boys _____	Girls _____
Number of children registered on the first day	_____	
Was a roll called (a) morning	Yes _____	No _____
(b) evening	Yes _____	No _____
If yes, by whom? _____		
If not, why not? _____		
Did the camp start on time?	Yes _____	No _____
If No, why not? _____		
Were any incidents/accidents recorded?	Yes _____	No _____
If Yes, fill in the relevant forms (one per incident/accident)		
Were any complaints received?	Yes _____	No _____
If Yes, fill in the relevant forms (one per complaint)		
Were the venue gates open in sufficient time?	Yes _____	No _____
Were the facilities conducive to Good Coaching?	Yes _____	No _____
Did any children leave the camp with parental permission?	Yes _____	No _____
Did any children leave the camp with your permission?	Yes _____	No _____
Did any children leave the camp without permission?	Yes _____	No _____



Form D

Club Camp Venue: _____ _____
Date: _____ / _____ / _____ FORM D

IN THE CASE OF CHILDREN LEAVING THE CAMP FILL IN DETAILS BELOW

Left with parent permission

Date

Time

_____	_____	_____
_____	_____	_____
_____	_____	_____

Left with your permission

Date

Time

_____	_____	_____
_____	_____	_____
_____	_____	_____

Left without any permission
Parents notified

Date

Time

_____	_____	_____
_____	_____	_____
_____	_____	_____

Give details as to when the child was missed, by whom and action taken.



Club Camp Venue:

Date: _____ / _____ / _____ FORM E

Form E

First Aid (Medical Arrangements)

Doctor on Call: MONDAY

Name:

Tel. No.

1. _____

2. _____

Doctor on Call: TUESDAY

Name:

Tel. No.

1. _____

2. _____

Doctor on Call: WEDNESDAY

Name:

Tel. No.

1. _____

2. _____

Doctor on Call: THURSDAY

Name:

Tel. No.

1. _____

2. _____

Doctor on Call: FRIDAY

Name:

Tel. No.

1. _____

2. _____

It is the responsibility of the Camp Supervisor to supply the relevant numbers of doctors on call to each of the Cúl Camp Staff.



Club Camp Venue: _____ _____
Date: _____ / _____ / _____ FORM F

Incident Report Form

INCIDENT/ACCIDENT: Date: _____ Time: _____ AM _____ PM

Place of incident: _____

Description of circumstances (What activity was involved? What happened? Be explicit as possible):

INJURED MEMBER/GUEST: Name _____ Age ____ Sex ____

Telephone: _____ Home Address _____

Association with Programme _____

INJURY: Describe the injury (What part of the body? Nature of injury?)

ACTION TAKEN: (Check all that apply)

- a) None required _____
- b) Parent(s) called: Time ____ AM ____ PM
By Whom? (Name): _____
- c) First Aid Given. By Whom? (Name): _____
- d) Ambulance called - Time ____ AM ____ PM
By Whom? (Name): _____
- e) Injured taken to _____
By Whom? (Name): _____

Person in charge when incident/accident occurred: Name: _____

Position: _____

Witnesses:	Address	Telephone:
Name _____	_____	_____

DATE OF REPORT: Prepared By: Name _____

Position: _____

Note: This is a generic report form. It is a sample of what a club could use for internal use. It should be modified to fit the specific requirements of the club. In no way is this form intended to replace an insurance claim form which should be obtained from the club insurance officer for any incident where a claim is possible. The GAA and Vhi Healthcare accepts no responsibility for your use of this form.



Form H

Club Camp Venue: _____

Date: _____ / _____ / _____ **FORM H**

Vhi Cúl Camp Coach Assessment Form

Name Of Coach: _____

Co-ordinator: _____

Cúl Camp Venue: _____

Date: _____ / _____ / _____

- In order to assess the performance of the Coach, the following criteria should be used.
- Please circle the appropriate number in each case.

1
Poor

2
Fair

3
Good

4
Very Good

5
Excellent

• **Personal Qualities**

Ratings

Coaching Attire	1	2	3	4	5
Punctuality	1	2	3	4	5
Voice Projection	1	2	3	4	5
Attitude	1	2	3	4	5

Coaching Qualities

Adherence To Schedule	1	2	3	4	5
Demonstration	1	2	3	4	5
Teaching/Safety Points	1	2	3	4	5
Observation/Correction	1	2	3	4	5
Use Of Equipment	1	2	3	4	5
Positional Awareness	1	2	3	4	5
Organisational Groups	1	2	3	4	5
Referee Skills	1	2	3	4	5
Ability To Work With Children	1	2	3	4	5
Ability To Work With Other Coaches	1	2	3	4	5
Overall Quality Of Coaching	1	2	3	4	5

Comments: _____

Total Marks: _____

Grade: _____

Co-ordinator: _____

Grades:	Excellent	70 - 75	Fair	55 - 59
	Very Good	65 - 69	Poor	> 54
	Good	60 - 64		



Acknowledgements:

- AFL Club Management Program, Australian Football League, 2004
- Children First: National Guidelines for the Protection and Welfare of Children, Department of Health & Children and Stationery Office, Dublin 1999
- Club Manual: Guide to Management, Coaching and Development of Facilities into the Future, Printcomp, Dublin 2005
- Co-operating to Safeguard Children, Department of Health, Social Services and Public Safety, 2003
- UN Convention on the Rights of the Child 1989
- The Child Care Act, 1991
- The Children's Act, 2001
- Co-Operating to Protect Children, Vol. 6 Guidelines & Regulations Children (NI) Order 1995, HMSO
- The Children (Northern Ireland) Order 1995, HMSO
- Our Duty to Care (DHSS) 2000, Child Care NI
- Our Duty to Care (DOHC) ROI, 2002
- Protection of Children and Vulnerable Adults (NI) Order 2003
- Area Child Protection Committees Regional Child Protection Procedures DHSSPS 2005
- Getting it Right: Developing your Child Protection Policies Procedures, Volunteer Development Agency, Northern Ireland: 2005
- Child Protection for the Youth Work Sector, Department of Education & Science, 2003
- Child Protection: Guidelines and Procedures, Department of Education & Science, 2001 (Primary Sector)
- Child Protection Guidelines for Post-Primary Schools, Department of Education & Science, 2004
- SafeSport Away – NSPCC & the Amateur Swimming Association
- Sportscheck – Child Protection in Sport Unit 2002
- www.irishsportsCouncil.ie
- www.sportni.net
- www.thecpusu.org.uk



Useful Contacts

Eastern Region Health Services Executive

East Coast Area

Area 1, Dun Laoghaire, 01 2808403
Area 2, Clonskeagh, 01 2680320/0333
Area 10, Wicklow, 0404 60800
Bray, 01 2744100
Ask for Duty Social Worker

Northern Area

Area 6, Dublin 11, 01 8567704
Area 7 North, Dublin 1, 01 8014620
Area 8, Dublin 5, 01 8164200
Ask for Duty Social Worker

South Western Area

Dublin South City District, D2, 01 6486555
Dublin South West District, D24, 01 4520666
Dublin West District,
Dublin 10, 01 6206387
Kildare/West Wicklow District
Naas, 045 882400
Athy, 059 8633535
Celbridge, 01 6303155
Ask for Duty Social Worker

Health Services Executive - Southern Area

Community Care Area

South Lee, Cork – 021 4923001
North Lee, Cork – 021 4927000
North Cork, Mallow – 022 54100
West Cork, Skibbereen – 028 40447/40456
Kerry, Tralee – 066 7184887 / 7184869/68
Ask for Duty Social Worker

Health Services Executive - Mid-Western

Community Care Area

Limerick East – 061 483711
Limerick West – 061 483996
Clare – 065 6863907/08
North Tipperary, Nenagh – 067 41934
North Tipperary, Thurles – 0504 23211
Ask for Duty Social Worker

Health Service Executive - South-Eastern

Community Care Area

Carlow – 059 9136588/7
Kilkenny – 056 7784782
Waterford – 051 842827
Wexford – 053 23522 Ex 222
South Tipperary – 052 77306 / 02
Ask for Duty Social Worker

Health Services Executive – Western

Community Care Area

Galway – 091 546325/546366
Mayo – 094 9042283 / 9042284
Roscommon – 090 6637528/29
Ask for Duty Social Worker

Health Services Executive - North-Western

Community Care Area

Sligo/Leitrim - 071 9155133
Donegal – 074 9123739
Ask for Duty Social Worker

Health Services Executive - North-Eastern

Community Care Area

Cavan – 049 4377305 / 06
Monaghan, 047 30426 /30427
Louth – Drogheda, 041 9833163
Louth – Dundalk, 042 9392220
Meath – Navan, 046 9078830
Ask for Duty Social Worker

Health Service Executive –Midland Area

Community Care Area

Longford/Westmeath:
Athlone – 0906483106
Longford – 043 50584
Laois/Offaly:
Offaly - 0506 22488
Laois – 0502 92567/8
Ask for Duty Social Worker

EHSSB Belfast 028 9032 1313

Out of Hours no: EHSSB: 028 90565444
Down/Lisburn H&SST: 028 92665181
North & West Belfast H&STT: 028 90327156
Ulster Community& Hospital Trust: 028 91816666
South & East Belfast H&STT 02890565656



Useful Contacts

NHSSB Ballymena: 028 25311000

Out of House no: NHSSB: 028 94468833

Home First H&SST: 028 25633700

Causeway H&SST: 028 27661337

SHSSB Armagh: 028 37410041

Out of Hours no: SHSSB: 028 37522381

Craigavon & Banbridge H&SST: 028 38831983

Armagh & Dungannon H&SST: 028 37522262

Newry & Mourne H&SST: 028 30260505

WHSSB Londonderry: 028 71860086

Out of Hours no: WHSSB: 028 71345171

Foyle H&SST: 028 71266111

Sperrin Lakeland H&SST: 028 82835285

Please note there is no central number for out of hours contact as each Board Area has its own contact (outlined above)

Child Protection in Sport Unit

NSPCC, Jennymount Business Park

North Derby Street

Belfast BT 15 3HN

02890 351135

www.thecpsu.org.uk

NSPCC Helpline 0808-8005000 (Freephone) Child Line (UK) 0800 1111

ISPCC

20 Molesworth Street

Dublin 2

01 6794944 / ispcc@ispcc.ie

ISPCC Childline 1800 666666 (Freephone)

Irish Sports Council

Top Floor, Block A

West End Office Park

Blanchardstown, Dublin 15

Tel No. 01-8608800

Sports Council Northern Ireland

House of Sport

Upper Malone Road

Belfast BT9 5LA

Tel No. 02890 381222

Volunteering Ireland

Coleraine House

Coleraine Street

Dublin 7

01 8722622 / info@volunteeringireland.com

Volunteer Development Agency

4th Floor, 58 Howard Street

Belfast BT1 6PG

Tel No. 02890-236100

Coaching Northern Ireland

Queens Physical Education Centre

Botanic Gardens

Belfast B79 5EX

Tel No. 02890-686940

Protection of Children Service Child Care Policy Directorate

Department of Health, Social Services & Public Safety

Room D1.4, Castle Buildings,

Stormont Estate

Belfast BT4 3SQ, Tel No. 028 90-522559



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