



Health & Wellbeing Policy

Arva GAA and Arva Ladies Club believes that we need to work towards creating a healthy club environment that is inviting to all and which promotes the integration of healthy behaviours into the everyday activities of the club.

Aim:

Arva GAA and Arva Ladies Club aims to help all the members of our club and community by identifying what we are already doing well, identify areas where we can or would like to improve, and empower our members to ensure that everyone who engages with the club benefits from the experience in a health-enhancing way, be they players, officers, coaches, parents, supporters, or members of our local community.

Our Promises:

- Our club will hold health and wellbeing as a core value – it is everyone's responsibility and we all play a part
- Our club aims to be the healthy heartbeat of our community
- Our club will do what we already do, only healthier
- Our club will facilitate healthy participation in all our club activities
- Our club has a role to play in supporting the physical, mental and social health of all our members
- Our club will help to make the healthy choice the easy choice
- Our club will leave a legacy that enhances the health of the next generation
- Our club is an inclusive club. We develop people not just players
- Our club is an age-friendly club. We cater for our members throughout their lifespan
- Our club will engage with the wider community to build a stronger community
- Our club will empower our members to enjoy healthier lives
- We are a community club, not just a sports club

Arva GAA and Arva Ladies Club are both committed to promoting health and wellbeing amongst our members and the wider community.