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By John Harrington

TAOISEACH PRAISES RESPONSE OF GAA CLUBS TO COVID-19

THE TAOISEACH, LEO VARADKAR, HAS PRAISED GAA VOLUNTEERS FOR RESPONDING TO THE NEEDS OF THE MOST VULNERABLE IN THEIR COMMUNITIES DURING THE COVID-19 HEALTH CRISIS.

A survey of approximately 1,600 GAA clubs by the Association's Community and Health Department published earlier this month found that 19,164 GAA volunteers directly supported 34,571 people in a variety of ways.

"Part of the concept that we stand for as a nation are cothrom na féinne and ní neart go cur le chéile and we've seen that ethic, I think, demonstrated by GAA clubs and members and volunteers around the country," said the Taoiseach today when visiting the COVID-19 community testing centre in Croke Park.

"Over 80 per cent of clubs in some way have responded to the community call and are helping out in their community in a million different ways and you know who you are and what you do and I just want to extend my profound thanks on behalf of the Government and on behalf of the Irish people for everything that the GAA community has done."

The Taoiseach also paid tribute to the GAA for making Croke Park and other GAA stadia around the country available as COVID-19 testing facilities which he believes has played a major role in the suppression of the virus.

"I have to say it's been a privilege to visit Croke Park today and meet with the staff working in the testing centre here," said the Taoiseach.

"Croke Park became one of the first facilities to become a testing centre at the very start of this pandemic and the Government and HSE are extraordinarily grateful to the GAA for making your grounds and facilities available for testing centres.

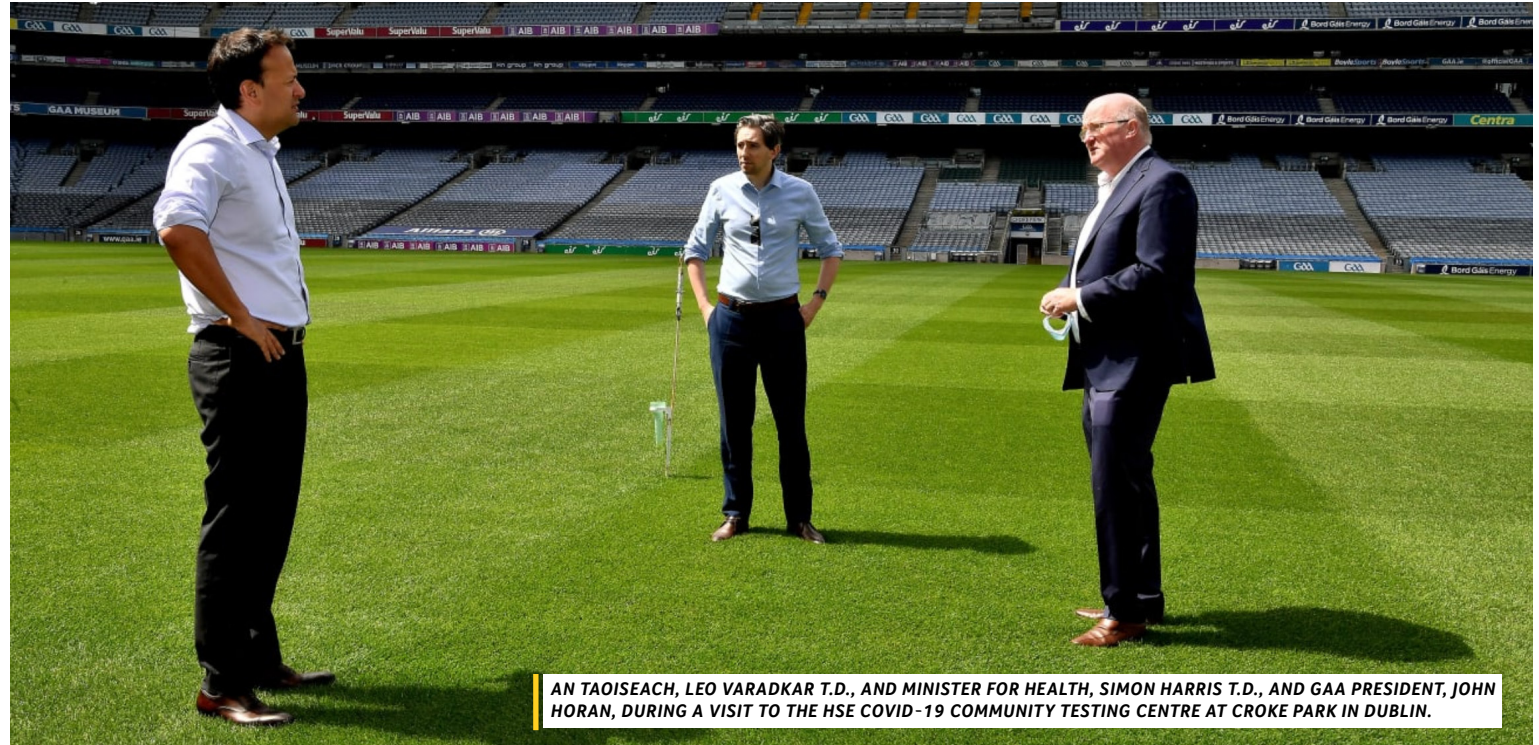
"I think without the support that you've given us it would not have been possible to get the virus under control in the way that it has been.

"I know we'd all much prefer grounds being used for games and concerts over the summer, but this is an extraordinary once in a generation event and the GAA has really risen to the nation's call."

The Taoiseach is hopeful we'll see a gradual return to playing sport in time, but has warned against any complacency in the fight against COVID-19.

"Things are going in the right direction. We can't be complacent, but things are going in the right direction in terms of the number of new cases going down and thankfully the number of deaths going down and, you know, I'm hopeful that we'll see a return to sport, not overnight, but bit by bit over the next couple of weeks and couple of months.

"And I think we're going to appreciate it all the more for having been absent for this period."



AN TAOISEACH, LEO VARADKAR T.D., AND MINISTER FOR HEALTH, SIMON HARRIS T.D., AND GAA PRESIDENT, JOHN HORAN, DURING A VISIT TO THE HSE COVID-19 COMMUNITY TESTING CENTRE AT CROKE PARK IN DUBLIN.

LANDMARK GAELIC GAMES COACHING SURVEY LAUNCHED

THE BIGGEST EVER COACHING SURVEY CONDUCTED IN IRISH SPORT WILL SEE THE GAA, LGFA AND CAMOGIE ASSOCIATION JOIN FORCES TO HELP SHAPE THE FUTURE DEVELOPMENT OF GAELIC GAMES.

Si solesit quaturenimi, odit, sim as rerum Over the next three weeks coaches at every level of football, hurling and camogie are being encouraged and urged to make their voices heard via the online survey. Details for the survey are available from [Take Gaelic Games Coach Survey 2020](https://learning.gaa.ie/coachsurvey).

Alternatively, you can visit the GAA Learning website - <https://learning.gaa.ie/coachsurvey> or email gamesdevelopment@gaa.ie

The Gaelic games Coach Survey 2020 is a unique opportunity for coaches to provide an insight into their role, and their needs. It is the first time that such an approach has been taken across the entire Gaelic games community.

Targeting more than 10,000 responses, it makes it one of the most comprehensive coaching studies ever undertaken.

Coaches that complete the survey will be offered the chance to take part in a draw, whereby three respondents will win Coaching Master Class sessions. The Coaching Master Class will involve a coaching session for the winning coaches' own team, and a coaching workshop for all of the coaches within their Club.

GAA Coach Education Officer, Dr Peter Horgan said:

“Coaches play an extremely important role in Gaelic games. They provide support and guidance for their teams and players, and none more so than in the current suspension of activities. Within the GAA we have tried to support coaches to play their role with resources and educational programmes.

“To further that support, each of the Gaelic games associations have come together and developed a programme of research to investigate coaching practices and coach education. We are interested in feedback from coaches on their coaching experience, their coaching practice and how coaches see coaching into the future. We are also very interested in coaches' experience of coach education, and what coaches feel are their own learning needs.

“The online survey will be available over the next three weeks, and I would encourage all coaches – regardless of your level of experience or whether you coach at club, school, or county levels – to provide their feedback.

“This will allow us to better understand the coach within Gaelic games and for us to plan for the types of supports that we will be providing into the future. The survey should take approximately 15 minutes to complete and is completely anonymous, and confidential.”

Uachtarán CLG John Horan said: “We are living in a time of unprecedented popularity for Gaelic games. We have



GAA EDUCATION OFFICER PETER HORGAN.

record numbers of teams playing and young people attending our camps and enjoying our games.

“With that success comes a responsibility to ensure that coach development is helping us to maximise our potential. We have a network of excellent coaching and games development staff operating across every county, and this helps to support the army of volunteer coaches and mentors who play such an invaluable role at club level.

“Coaches pass on a love of our games. They are instrumental at enabling players perform at their best and this survey is an opportunity to ensure that coach education and development is meeting their needs and continuing to produce the exceptionally talented players that we see

across club and county level.”

President of the Camogie Association, Kathleen Woods, welcomed the announcement, saying: “We are delighted to support this important research which will give us a great insight into the world of our wonderful coaches throughout the Gaelic Games family.

“Coaching is a vocation to many volunteers and they provide expertise, support, enthusiasm and guidance to players within our games at all ages and levels of the game, to enable players to enjoy our games as much as possible and to reach their full potential.

“Coaches are a vital part of our Association and I look forward to seeing the results of this great initiative so we can



2019 CORK ALL-IRELAND WINNING U-20 FOOTBALL TEAM MANAGER, KEITH RICKEN, PICTURED GETTING A POSITIVE RESPONSE FROM THE AUDIENCE AT THE 2020 GAA GAMES DEVELOPMENT CONFERENCE.

further improve our relationship with this key group of volunteers.”

LGFA President Marie Hickey commented: “We are incredibly proud of the role that coaches play within our organisation, as they hone the skills of players at all levels from underage right through to senior.

“We have a network of coaches dotted across the country and overseas, who are doing some brilliant work on behalf of the LGFA. We are also working tirelessly to encourage more and more of our past players to get involved in coaching, and to take their first steps on our Coach Education pathway.

“It is imperative that our coaches are equipped with the tools which will allow them to develop our sport.

“Coaching is a multi-faceted discipline, with key skills and qualities required to fulfil the role. In that regard, research that explores best practice and education

should be welcomed and embraced.

“I would encourage as many of our coaches as possible to engage with the survey, and your feedback will prove invaluable. I look forward to the results that emerge from what is sure to be a substantial body of work.”

The survey is also interested in feedback from any coaches that have dropped out of coaching, to help us understand why they are no longer coaching, and whether there are steps that can put in place to encourage these people back into coaching.

BACKGROUND:

*What are we doing? *

Coach development has become an area that each of the Gaelic games Associations across the GAA, LGFA and Camogie Associations have targeted to work closer together on. Over the last 12

months we have been developing a new Introduction to Coaching Gaelic games award that will operate across all of the codes, and our coach education webinars taking place over the last two months have been hugely successful. In order for us to continue that development, it is important that we are building our programmes on solid information on the role and experiences of coaches within our games.

To help us to do that, we have developed a Gaelic games coach survey for 2020. This survey will look at all of our coaches’ experience, their practice and how coaches see coaching into the future. We are also very interested in coaches’ experience of coach education, and what coaches feel are their own learning needs. Those people that have dropped out of coaching are also part of this survey, to help us understand why they are no longer coaching, and whether there is anything that we can put in place to encourage them back into coaching.

Historically, we have not undertaken this type of task, and it is a mammoth undertaking.

Why are we doing it this way?

We wanted to build a coach survey that was easy for coaches to feedback into. So, this survey will take place online. It is a simple form that asks for feedback about your coaching practice and your coach education. The survey should take no more than 15 minutes to complete, and is completely anonymous, and confidential.

*Who is involved? *

This survey is across all of the Gaelic games Associations. So, if you are a coach of Camogie, Hurling, Handball, Gaelic football, Ladies Gaelic football, or Rounders your feedback is important. Equally, we are interested in the full breadth of coaches, so it’s not a case of

getting one coach from a club to respond, the experience of each coach, regardless of your background or how long you have been coaching is important.

*What will happen? *

Once we have completed the survey we will be looking to speak to some coaches about the results that we find, so we will organise some focus groups to help us to understand more about what it is that we can do to support coaches into the future. Taking part in those groups is completely voluntary, and again all of the information that any coach will provide is confidential.

As a result of this survey we be able to build a profile of the different types of coaches that we have across Gaelic games and understand their needs. The reports that we produce will be made available to every code and County, and because every response is anonymous, coaches can be as honest as possible. This is important as it will allow us to build a really accurate profile of coaching across Gaelic games.

How do I access the survey?

The survey is available online, so you can access the survey through GAA.ie, Camogie.ie and LGFA.ie as well as the GAA Learning site – learning.gaa.ie. The survey will also be sent to each club secretary for circulation amongst the coaches within the club. If you have attended a coaching course previously, we will email the survey to you. If any coach wishes to receive the survey directly, they can do so by emailing gamesdevelopment@gaa.ie

Details for the survey are available from

Take Gaelic Games Coach Survey 2020

Alternatively, you can visit the GAA Learning website - <https://learning.gaa.ie/coachsurvey> or email gamesdevelopment@gaa.ie

IMPACT OF OUR VOLUNTEERS IN THE COMMUNITY DURING COVID-19

THE GAA HAS RELEASED DETAILS OF A SURVEY INTO THE ROLE THAT THE CLUB MEMBERSHIP OF THE ASSOCIATION HAS PLAYED IN THE ON-GOING RESPONSE TO COVID-19.

Si soileisit quaturenimi, odit, sim as rerum A survey carried out by the GAA's Community and Health department and sent to 1,600 GAA clubs across Ireland and abroad returned responses from 1,090 GAA clubs and shows that more than 19,000 club members have been involved in the provision of support to more than 34,500 people during the current health emergency.

Some 942 clubs or 86.4 per cent of those who took part in the survey said they were involved in some form of Covid-19 Community Response.

A total of 811 clubs responded to say they are involved the collection and delivery of essential goods and supplies for members of their communities unable to travel due to cocooning or other restrictions.

Additional areas of support recorded include sharing public health information, supporting members online, participation in the Club Together initiative (in partnership with SuperValu and Centra) and meal delivery.

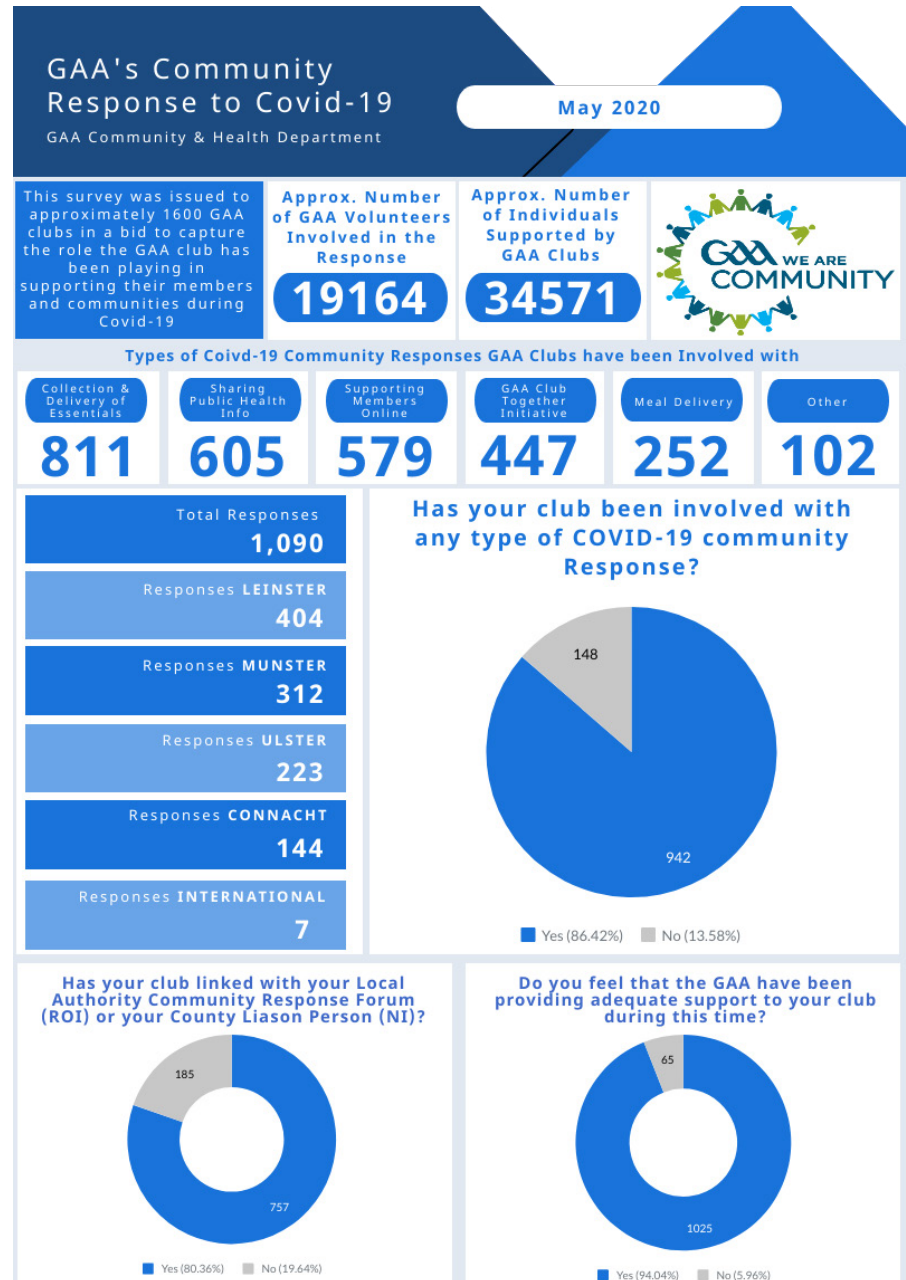
Colin Regan, GAA Community and Health Manager, praised the on-going work of the Association's membership.

He said: "It had become almost cliché to state that the GAA is as much a community association as it is a sporting one. Covid-19 has brought that reality into sharp focus.

"The cessation of our games has allowed a spotlight to shine on the incredible work undertaken by our volunteers on behalf of our communities.

"Their ability to immediately mobilise in response to the pandemic and maintain that effort over a prolonged period has benefitted almost 35,000 persons across the 32 counties categorised as vulnerable to Covid-19. And that does not include the usage of approximately 20 GAA facilities as vital testing venues by the public health authorities.

"This is testament to the GAA's values of community identity, teamwork, inclusiveness, and respect, and shows that such values are not bound by the white lines of a playing field."



GAA, LGFA, AND CAMOGIE ASSOCIATION PARTNER WITH JIGSAW TO LAUNCH ONE GOOD COACH™ MENTAL HEALTH COURSE



THE ONE GOOD COACH™ MENTAL HEALTH COURSE SEES JIGSAW PARTNER WITH GAA, LGFA, AND CAMOGIE ASSOCIATION.

THE GAA, LGFA, AND THE CAMOGIE ASSOCIATION, IN PARTNERSHIP WITH JIGSAW, THE NATIONAL CENTRE FOR YOUTH MENTAL HEALTH, ARE DELIGHTED TO MAKE AVAILABLE ACROSS THEIR MEMBERSHIPS A NEW ONLINE MENTAL HEALTH COURSE CALLED ONE GOOD COACH™.

The course is based on the successful workshop Jigsaw delivers face-to-face across its 12 services. It offers participants a greater understanding of mental health, the importance of their role as a potential One Good Adult® in the lives of young members, and a greater awareness of how to promote and support young people's mental health. While designed with coaches in mind, the 40-minute content should prove equally informative to Healthy Club or Children's Officers, any other club or county volunteers that work with young people, or even interested parents or young people themselves.

One Good Coach™ ambassador, Dublin footballer Shane Carthy, knows first-hand the benefits of having a supportive coach in one's corner. Back in 2014, when Shane sought professional help to deal with his depression, his then Under 21 coach Dessie Farrell was one of the first people he turned to for guidance and support.

Shane explains the impact of seeking help for his condition: "A weight fell off my shoulders instantly. I could finally focus on my treatment and overcoming the adversity I had experienced for too long." It is widely known the considerable impact of sport on the mental health of the general population, young people included. This finding was recently endorsed in the My World Survey 2 (MWS), the largest and most comprehensive study of youth mental health in the country. In this study, published in 2019, young people identified Sport as a top coping mechanism. But there's more to it than the sport - there's multi layers of influence within the club context that can also promote young people's mental health, which can often be underplayed.

Taragh McGovern, Youth Mental Health Promotion Manager with Jigsaw, further explains: "Sports clubs are ideal settings for youth mental health promotion given the well-established health benefits, the large participation base, and extended access to children and adolescents during sports participation. Additionally, coaches

are in an ideal position to promote and support young people's mental health due to the contact time and nature of the coach-athlete relationship. The value of this relationship has been documented in the literature - we know that the presence of a trusted adult in a young person's life is linked to better mental health (MWS 2019, 2012). For many young people, this adult is their coach.

"The aim of this course is to increase the mental health literacy of coaches and club members in the Gaelic Games Community so that they feel more confident to promote and support young people's mental health within the breadth of their coaching role. Jigsaw are thrilled to partner with The GAA to bring One Good Coach™ to the GAA, LGFA and Camogie community. We hope you, and the young people who look up to you, benefit from this course."

The One Good Coach™ workshop is now available to access on the GAA's e-learning platform at <https://learning.gaa.ie/courses/OneGoodCoach/>

For more information contact:

Colin Regan, GAA Community & Health Manager: colin.regan@gaaie

Taragh McGovern, Youth Mental Health Promotion Manager, Jigsaw: taragh.mcgovern@jigsaw.ie

'IT'S GOOD TO TALK GAA' INITIATIVE - LEITRIM GAA

LEITRIM GAA, WORKING CLOSELY WITH LEITRIM COUNTY COUNCIL, LEITRIM SPORTS PARTNERSHIP, LEITRIM PPN AND LEITRIM AGE FRIENDLY EMBARKS ON AN INITIATIVE THAT HOPEFULLY MAKE A DIFFERENCE TO PEOPLE WHO MAY BE FEELING VERY ISOLATED AND ALONE IN THESE RESTRICTED TIMES. PEOPLE 70 AND OVER HAVE BEEN 'COOCOONING' AND THEREBY CONFINED TO THE LIMITS OF THEIR FOUR WALLS OVER THESE PAST NUMBER OF WEEKS, AND WHILE THIS EVENING'S NEWS WILL HAVE COME AS WELCOME RELIEF OF SORTS, THEY WILL STILL REMAIN LARGELY CONFINED. FOR MANY, THE TRIP TO THE SHOP, THE CHURCH AND THE LOCAL FOOTBALL PITCH WAS A WAY OF LIFE AND A DAILY OR WEEKLY EVENT AND THESE TRIPS ARE STILL A LONG WAY OFF.

In this regard, Leitrim GAA wishes to offer a service that may be a degree of respite to those who are missing their GAA in particular. Inspired by a move made by former Mayo footballer David Brady, we in Leitrim GAA invite, that if there is someone in your area who would like a call from a person in Leitrim GAA, be that a current or former player or official, we will endeavour to have that connection made. It may seem like very little but to a person who is isolated and may have nobody to talk to this might brighten their day or week, particularly if it a special occasion their lives. The people of Leitrim in this age category have contributed enormously to what we have to enjoy today. We would like to offer something little back in return.

Leitrim GAA's Poster will be included in a Well Being Pack that the Leitrim COVID-19 Community Response Forum will this week be sending out to 1,500 older people as part of its 'In This Together' campaign which aims to assist them to Stay Connected, Stay Active and look after their Mental Wellbeing throughout the COVID-19 Emergency.

The pack includes a new physical activity initiative, featuring eight daily exercises over a four-week period, primarily aimed at older adults who are cocooning. It is being launched by HSE Community Physiotherapy in partnership with the Age Friendly Alliance, Sport's Partnerships, Local Authorities and Public Participation Networks across Donegal, Sligo, Leitrim, Cavan and Monaghan - Community Healthcare Organisation Area 1. Older people can follow this programme in Leitrim by tuning into Shannonside-Northern Sound FM Let's Talk Programme.

Also included in the pack are quizzes, word games, gardening tips, healthy eating plans and adult colouring to keep our minds and bodies active as well as some goodies such as healthy treats or seeds.

If there is anybody who think might like to avail of Leitrim GAA's offer, contact secretary.leitrim@gaa.ie or call 0876888978. Alternatively, you may call Leitrim Covid 19 Helpline on 1800 852 389.



THE LEITRIM COVID-19 COMMUNITY RESPONSE FORUM WILL THIS WEEK BE SENDING OUT A WELLBEING PACK TO 1,500 OLDER PEOPLE AS PART OF ITS 'IN THIS TOGETHER' CAMPAIGN.

JOE O'CONNOR SHOWS YOU HOW TO #MOVEMOREATHOME



THE INCREASINGLY WELL-WORN TRACKS YOU'LL SEE SNAKING THEIR WAY AROUND YOUR LOCAL PUBLIC PARK TESTIFY TO THE NUMBER OF PEOPLE WHO ARE CURRENTLY MAKING A SIGNIFICANT EFFORT TO IMPROVE THEIR PHYSICAL FITNESS.

The fine weather and the desire to get out of the house during these times of lockdown certainly seems to have encouraged more people to get off the couch and lace up a pair of runners.

A 30 to 60 minute jog at a steady pace will definitely increase your aerobic capacity, but is it the optimal training to be doing if you're a club footballer, hurler, or camogie player trying to keep in shape until a return to collective training and playing?

According to Joe O'Connor, who was a fitness coach with the Clare (2013) and Limerick (2018) All-Ireland Senior Hurling Championship winning teams and 2011 Christy Ring Cup champions, Kerry, it isn't.

That is why he has teamed up with the GAA and Sure to produce four movement and fitness videos he believes will give players the right physical foundation for a return to collective training and playing.

"My thought process around the four videos was that, although we don't see any return to play any time soon, players should be preparing their body for a return to play," O'Connor told GAA.ie

"A lot of injuries happen because players don't have the acceleration, deceleration, and change of direction training done.

"Loads of people are out jogging at the moment which is great, I'm a runner myself, but you can't just develop aerobic fitness and think you're going to be structurally able to accelerate off the mark without putting yourself at risk.

"So, the four videos are basically around building the foundation of that, then making you stronger, then looking at acceleration and power, and then looking at change of direction. Just to prepare people for a return to football, hurling, and camogie."

O'Connor is a lecturer in Exercise Physiology and Performance Nutrition in Tralee IT and a big believer in the importance of building functional fitness by working hard on the basics.

His videos will reflect that philosophy. The first, which was released today and can be viewed at the top of this article, focuses on balance, an often over-looked athletic ability that should be a foundation stone for every GAA player.

"These are simple videos with simple exercises to do, but the science behind them is rock-solid and logical," says O'Connor.

"A lot of injuries are caused because we've forgotten the fundamental basics of exercise physiology.

"First of all you must have balance and coordination. A lot of injuries are because we don't have good control of our ligaments, tendons, and joints. Once you have control of your ligaments, tendons, and joints, then you can get stronger.

"And once you're strong enough, you can start applying that at speed, which by definition is power. Then the last phase of it, the icing on the cake, is change of direction.

"If you look at most injuries in football and hurling, they're non-contact injuries. They're soft-tissue injuries. A player could be running and tear a hamstring.

"I used to say to players I worked with that I always took that as a personal insult if they suffered a soft-tissue injury, because it suggest the strength and

conditioning training they were doing wasn't appropriate to prepare the body to play the sport.

"The theory is that we're trying to make the body robust enough to return to play whenever that is. If you've just been jogging on the roads and building your aerobic fitness, then you'll be aerobically fit but you may not be structurally prepared for the contact nature of sport."

The second video in the series that O'Connor has filmed in association with the GAA and Sure fill focus on strength, and how you develop a well-balanced strength-based programme.

"The purpose of the second video on strength is to make sure that whatever strength training you are doing is that it is planned appropriately," says O'Connor.

"The video will explain some of the key exercises that you need to do to make sure that you have the right balance.

"Quite often people haven't done enough work on the posterior side of the body, the glutes, hamstrings, and back, with the result that they're just not strong enough to support their own body in sport."

Joe O'Connor's #MoveMoreAt Home videos, in association with the GAA and Sure, will be released weekly on the GAA's [YouTube](#) and [Instagram](#) channels.

HELP YOUR CLUB WIN WITH THE IRISH LIFE HEALTHY CLUB STEPS CHALLENGE

THROUGHOUT THE COVID-19 EMERGENCY, GAA CLUBS ACROSS THE 32 COUNTIES HAVE BEEN HELPING THEIR MEMBERS AND COMMUNITIES STAY HEALTHY AND CONNECTED WITHIN THE RESTRICTIONS OF PUBLIC HEALTH ADVICE.

To help reward this contribution and to celebrate the importance of staying active, the GAA's Community & Health Department has teamed up with Irish Life, CSR partners to the Healthy Club Project, to launch a special 'Steps Challenge' set to run during the month of June.

Four lucky clubs will win a €2,500 voucher with O'Neill's. All clubs must do is:

- Register your club's participation by June 1st on Irish Life's MyLife App
- Get a minimum of 15 participants to register on the club page on the MyLife App
- Get walking! (See below for detailed registration instructions.)

The club in each province that records the highest average number of steps during the challenge period will win. Participants must be aged 18 and over. The Steps Challenge, which officially begins June 3rd, is open to all GAA clubs. (See below for step by step guide of how to register your club.)

GAA President John Horan thanked Irish Life for their on-going support: "Irish Life, along with Healthy Ireland, the HSE, and the National Office for Suicide Prevention,

THE GAA'S COMMUNITY & HEALTH DEPARTMENT HAS TEAMED UP WITH IRISH LIFE, CSR PARTNERS TO THE HEALTHY CLUB PROJECT, TO LAUNCH A SPECIAL 'STEPS CHALLENGE' SET TO RUN DURING THE MONTH OF JUNE.

Join together
WHILE STAYING APART

**HELP YOUR CLUB
WIN A €2,500
O'NEILL'S VOUCHER**

DOWNLOAD
MyLife
Provided by Irish Life
Financial Services

has worked with the GAA as our valued CSR partner for the Healthy Club Project since 2014, helping us to engage 300 clubs to date in this health-focused project.

"This Steps Challenge celebrates and rewards the fact that GAA clubs are supporting the wellbeing of their members and their communities even when our official training and games have been forced to stop."

Commenting on this initiative, Declan Bolger, Chief Executive, Irish Life Group said: "MyLife is Irish Life's innovative Health & Wellbeing App that can be downloaded and used by everyone. It is a great tool to help us all stay healthy and fit along with offering rewards to Irish Life customers. As the CSR partner to the

GAA Healthy Club Project we are delighted to collaborate on the Steps Challenge, and help people in our communities and GAA clubs stay active and well during this challenging and unusual time."

The Challenge starts on June 3rd and ends June 30th, 2020.

What do I need to do to take part?

Register your club's participation by June 1st* on the following link:

<https://mylife.irishlife.ie/Gaa-Healthy-Clubs-2020>

How do club members join the challenge?

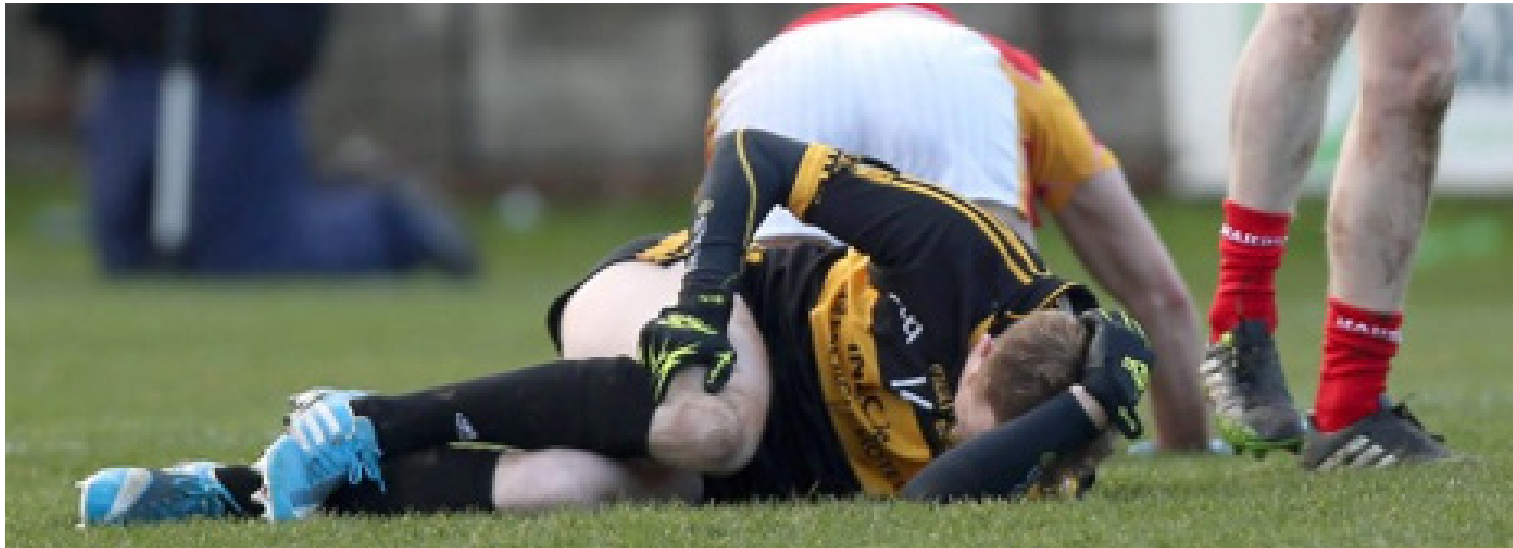
Download the MyLife app from the App store or Google Play store

- Apple App Store - <https://apps.apple.com/ie/app/mylife-by-irish-life/id1459620652>
- Google Playstore - <https://play.google.com/store/apps/details?id=com.irishlife.mylife>
- 1. Register your details
- 2. Tap on the social tab on the MyLife app
- 3. Select challenges
- 4. Select the challenge for your province

Tap on join & select your club!

(For MyLife support and help: Email [**support@mylife.irishlife.ie**](mailto:support@mylife.irishlife.ie) or call 01 704 1943)

AFTER WAITING SO LONG TO GET BACK – DON'T LET INJURIES STOP YOU NOW



IT'S CLOSE TO THREE MONTHS SINCE THERE HAS BEEN ANY ON-FIELD GAA ACTIVITY. AS PEOPLE CONTINUE TO KEEP FIT AND WAIT FOR A LONG HOPED FOR RETURN TO SOME ON FIELD ACTION, IT COULDN'T BE A WORSE TIME FOR INJURIES TO HOLD YOU BACK AND THERE'S SOMETHING YOU CAN DO TO AVOID IT.

There is some evidence to suggest that as training, games and competition gradually return across various sports around the world that injury rates are in excess of the normal number. One investigation on the return of the German Soccer Bundesliga reported that the injury rate climbed to 0.88 for the first batch of games post lockdown compared with a rate of 0.27 pre-lockdown.

Anticipating a return to our Club and County fields in the coming months, preparing for the corresponding increase in intensity that will come with collective training and games is very much in the hands of players and coaches. To that extent we strongly recommend use of the GAA 15 Injury Prevention Warm-Up Programme available at: www.learning.gaa.ie/GAA15

Since 2006, the GAA Medical, Scientific and Welfare Committee has been working with UCD Physiotherapy in developing a framework for injury prevention in Gaelic games. The first phase of this has been the development of the National GAA Injury Database, where participating inter-county teams register injuries throughout

the playing season via the GAA Smartabase Player Monitoring Application. We now have information which gives us a clear picture of the type, nature and mechanisms of injuries incurred in football and hurling.

Key results are that:

- Two-thirds of players get injured and 1/3 have more than one injury in any season.
- One quarter of injuries are recurrences of existing or old injuries.
- Over 75% of injuries are to the lower limbs and the majority are to the 'soft tissues' i.e. muscle, ligament and tendon, with hamstring strains being the single biggest problem (17-23%).
- Knee and ankle sprains and groin and pelvis muscle/tendon problems

each account for about 10-12% of all injuries.

- Approximately 1/3 of injuries occur in direct player contact situations, with the remaining 2/3 being non-contact injuries. These non-contact injuries most commonly occur in sprinting (rapid acceleration and deceleration), jumping/landing and, rapid changes of direction (plant/cut) manoeuvres.

The GAA 15 Programme has been designed based on a re-analysis of research findings from high quality studies of exercise training for injury prevention. The programme comprises running, jumping and landing exercises that can be completed alone with no equipment in approximately 15mins.

Research conducted in Carlow IT and funded by the GAA looked at 518 male hurlers between the ages of 13 and 18 and a half, recruited from 14 Post Primary Schools across Leinster. Participants from seven of the schools participated in the GAA15 and the other seven schools just adopted their normal warm-up routine as the control group. Injury rates were monitored throughout their championship seasons and looked at training injuries as well as match injuries.

A significant finding was that there were less injuries in training with the GAA 15 intervention group compared to the control group. Specifically there was a decrease of 45% of lower extremity training injuries in the GAA15 group versus the control group. Programme documentation and videos are available at www.learning.gaa.ie/GAA15

GAA LEARNING PLAYING HOST TO NUMEROUS GAMES DEVELOPMENT INITIATIVES AND RESOURCES

THE GAA LEARNING PLATFORM AT WWW.LEARNING.GAA.IE IS HOST TO A SERIES OF GAMES DEVELOPMENT INITIATIVES BUILDING ON THE VAST ARRAY OF RESOURCES AND COURSES PUBLISHED IN RECENT YEARS THAT ARE NOW PROVIDING A VERY VALUABLE OUTLET FOR COACHES, PLAYERS, AND TEACHERS WITHOUT THE OPPORTUNITY TO PERFORM THEIR USUAL ROLES IN THE PROMOTION AND PLAYING OF OUR GAMES.

Some of the new initiatives include:
GAA Primary Challenges – Lesson Plans & Physical Activities for Primary School Children
Coaching Webinars – Live and recorded webinars with leaders in Coaching and Coach Education

Other content includes:

- 100's of activities to Coach Hurling, Football, Handball and Rounders on the GAA Coaching Planner <https://learning.gaa.ie/planner/>
- Games Development Conference Videos and Presentations from 2014 to 2020 <https://learning.gaa.ie/GamesConference2020>
- 'GAA 15' Injury Prevention Programme - <https://learning.gaa.ie/gaa15>
- Ceim ar Aghaidh Resources for Primary School - <https://learning.gaa.ie/ceim>
- The Skills of Hurling - <https://learning.gaa.ie/hurlingskills>
- The Skills of Football - <https://learning.gaa.ie/footballsills>
- Online Courses and Workshops for Coaches, Players, Referees and Administrators
- - LGFA and Camogie Resources and Programmes

@GAALearning on Twitter – The Twitter account of the GAA Learning & Development Community with over 14,000 followers provides better access to development resources to those actively promoting Gaelic Games.

GAA Learning Youtube - The Youtube channel of the GAA Learning & Development Community with over 3,500 subscribers with 100's of videos

The screenshot shows the GAA Learning Activity Planner interface. At the top is the GAA logo. Below it, the title 'ACTIVITY PLANNER SOLO RUN - ON THE RUN' is displayed, followed by 'HURLING – CONDITIONED GAME'. There are several circular icons representing different skill areas: Technical Proficiency, Tactical Progress, Tactical Play, Physical Fitness, Psychological Focus, and Participant Feedback. A green 'Y' icon is visible in the bottom right corner of the planner header.

Rate this Activity ☆☆☆☆



This is a Conditioned game to develop the players' ability to Solo Run in a game situation

Organisation

- Mark out a playing area 40m long and 20m wide
- Divide the group into two teams of five players
- The aim is to score by soloing with the ball over the opponent's end line
- Players may only solo and hand pass the ball
- The ball may be flicked off the hurley by an opponent but no contact is allowed with the player or the hurley
- If a ball is intercepted or falls to the ground, the other team gain possession

STEP Variation

Players - The teams take turns in possession; allow more players on the team in possession

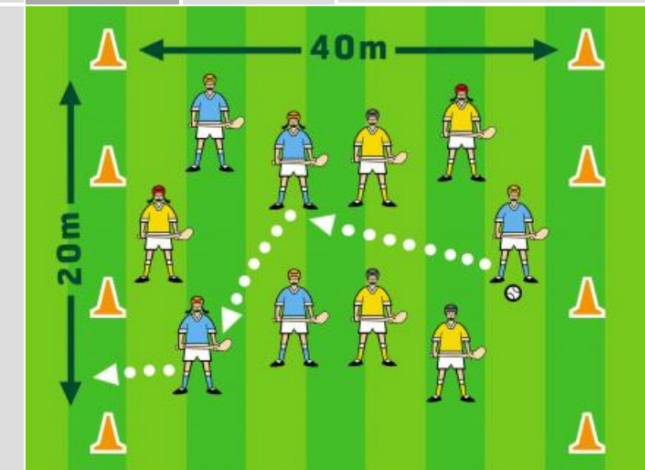
Back to Select an Activity



Print worksheet

Diagram

Video



Cones



Slotar

#GAAPRIMARY CHALLENGES ARE THRIVING

THE GAA'S NEW WEEKLY THE PUBLICATION, #GAAPRIMARY CHALLENGES INITIATIVE IS GOING FROM STRENGTH TO STRENGTH. ACCESSIBLE ON WWW.LEARNING.GAA.IE/PRIMARY-SCHOOL IT IS A SERIES OF LEARNING & PHYSICAL ACTIVITIES FOR CHILDREN IN PRIMARY SCHOOL.

Si solesit quaturenimi, odit, sim as rerum During these particularly challenging times for families, the #GAAPrimary Challenges are designed to help Teachers and parents to work on the cross-curricular lesson plans with children to meet their learning needs. Gaelic game-themed lessons are across all curriculum subjects and are for children at every class level, based on the GAA Céim ar Aghaidh/Step Ahead resource.

For some fresh air and physical exercise, inter-county starts set Skill Challenges weekly that can be done at or nearby your home. There are also fun competitions and prizes to be won on the @GAAlearning twitter page.

Primary teachers are encouraged to share lesson plans, learning material and ideas by email to gamesdevelopment@gaa.ie or on social media using #GAAPrimary.

Competition of the Week

Build a stadium from materials you find at home (e.g. cereal box, egg carton, etc.)

Ask your parent/guardian to email a photo of your completed stadium to gamesdevelopment@gaa.ie by

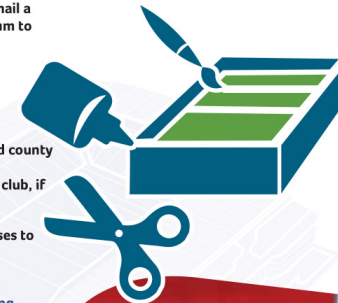
Friday 22nd of May including:

- Your first name
- The name of your school and county
- The name of your local GAA club, if you have one.

Win complimentary Family Passes to the [Ericsson Skyline Tour](#)

Winners will be announced the following week on @GAAlearning

By sending the email, parents / guardians are consenting for the photos and details to be shared on official GAA online channels. See terms & conditions and data protection notice on learning.gaa.ie/primary-school for details.



learning.gaa.ie/primary-school



ONLINE WORKSHOPS AND WEBINARS ATTRACTING SIGNIFICANT INTEREST

A TOTAL OF 21,995 PEOPLE PARTICIPATED IN ONLINE GAA WORKSHOPS AND WEBINARS IN APRIL.

National and provincial staff GAA coaching staff were involved in the process with several different topics discussed.

GAA Education Officer Peter Horgan explains the approach to the national seminars. "We've been running these sessions every Tuesday and Thursday since the end of March," Horgan states. "The response has been phenomenal, with over 9,000 people coming on the webinars 'live' and another 5,000 having viewed the sessions on the GAA Learning Youtube channel.

"We were very conscious when all activities were suspended that coaches would still want and need to interact with their teams. We were also conscious that coaches might have more time to think about their coaching and use this as an opportunity to develop themselves.

"So, what we have tried to do is create online sessions, every Tuesday and Thursday for one hour. Some of the sessions have focused on what coaches can do for their players now, whether that is online coaching or mentoring, while others have focused on how coaches might try to develop themselves."

Horgan stresses the reasons why the GAA have adopted these methods. "We wanted to create something for coaches that was sustainable," Horgan adds. "Early in this

period there was a lot of information and suggestions for coaches and players as to what they should do, especially on social media.

"But we were fearful that some of those activities would burn themselves out. So, we said that we would pick two specific times during the week – Tuesdays and Thursdays – and one hour only.

"There is so much else going on for coaches at home, whether it is trying to have a full working day or acting as teacher at home, that we wanted these sessions to be a type of safe haven for coaches. One hour, twice a week whereby we could get great quality speakers. Some they might have known about, or heard previously, and others that might be new."

Connacht GAA Provincial Games Manager Cathal Cregg is encouraged by the response from those with an interest in coaching.

"There is good stuff going on, a lot of people have a small bit more time when they are at home in the evenings," Cregg says. "So they are engaging in these webinars.

"Peter Horgan is putting the national ones together, Eamonn O'Shea was on Tuesday night and you had top class presenters for the last seven or eight weeks.

"When you put on things like that people buy into it, they are getting huge traction and huge numbers of coaches coming into



A TOTAL OF 21,995 PEOPLE PARTICIPATED IN ONLINE WORKSHOPS AND WEBINARS HELD BY THE GAA LAST MONTH.

it. That shows the popularity."

Out west Cregg is satisfied with how the Connacht counties have adapted to the changed circumstances in recent months.

"We'd be very happy from a Coaching and Games point of view," Cregg admits.

"Obviously the counties have their own approach and projects, we have done some learning courses with the staff.

"All the counties are working on provincial

projects. So we have them split into eight groups and they have already done two rounds of projects. On Tuesday we presented the third round of projects, we are getting a huge amount of resources.

"These are things we have been putting on the long finger, we just didn't have the time dedicated to developing resources.

"From a Coaching and Games point of view, I think we will be in a far stronger position when this lockdown finishes in terms of resources for clubs and schools."

NEW GAA GAMES MANAGEMENT SYSTEM SET FOR ARRIVAL

THOSE OF US INVOLVED IN THE ADMINISTRATION OF OUR GAA CLUB WILL PROBABLY BE FAMILIAR WITH THE GAA GAMES MANAGEMENT SYSTEM (GMS) OFTEN REFERRED TO AS THE SERVASPORT SYSTEM. THIS SYSTEM PROVIDES FUNCTIONALITY FOR REGISTERING MEMBERS AND FOR MANAGING COMPETITIONS (CREATING FIXTURES AND RECORDING RESULTS). THE GMS HAS BEEN IN PLACE FOR OVER TEN YEARS AND IT IS NOW PLANNED TO REPLACE IT WITH A NEW SYSTEM.

Development work is well progressed and some elements of the new system are already in place for competitions, coaching and some backend functions. The main pieces of functionality for clubs will be available later this year. Some of the key functionality available to clubs will include:

1. Membership Tools

GAA Clubs will be able to make their membership available to purchase on-line through the GAA App or through a club specific website. Registration of members with the GAA (for Injury Fund, eligibility and other GAA rule based purposes) will be integrated, reducing administrative overhead for clubs. Functionality to cater for 'family membership' and flexible payment options (if relevant) will be in place.

2. Communications

Simple processes for communicating with members, groups of members, individual teams or other contacts will be in place. Individual messages can be sent through SMS, email and In-App messages in a

manner compliant with GDPR and Children First legislation. Functionality to allow people to respond to messages and/or chat functionality will be available also.

3. Online Payments

Additional online payments will be possible for items defined by the club. This may include club gear, bus hire, social events etc.

4. Fixtures

Integrated notifications of club fixtures and the results of those games will be in place. These will automatically be available to club members, through the GAA App, should they wish to receive the updates.

5. Challenge Games

Ability for clubs to arrange challenge games with opposition from both within their county or from other counties and notify County Board(s) for approval.

6. Pitch bookings

Functionality to manage club pitches, training pitches, ball walls, meeting rooms etc and allocate them to various teams for training, matches, etc.

7. Club Calendar

A single weekly / monthly view of upcoming games, challenge games etc for the club at all age groups

8. Vetting status and Coaching qualifications

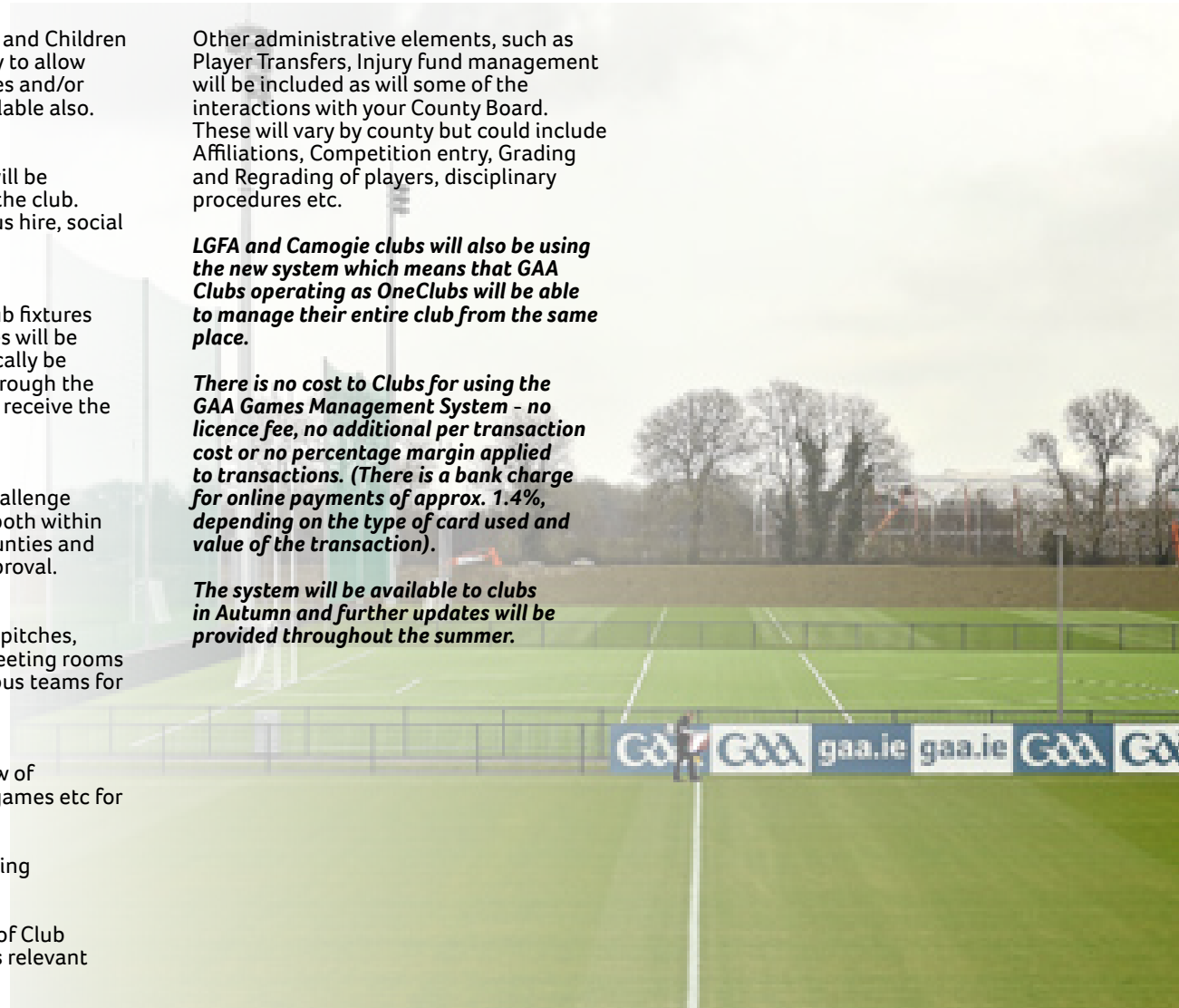
Simple view of vetting status of Club coaches and qualifications, as relevant

Other administrative elements, such as Player Transfers, Injury fund management will be included as will some of the interactions with your County Board. These will vary by county but could include Affiliations, Competition entry, Grading and Regrading of players, disciplinary procedures etc.

LGFA and Camogie clubs will also be using the new system which means that GAA Clubs operating as OneClubs will be able to manage their entire club from the same place.

There is no cost to Clubs for using the GAA Games Management System - no licence fee, no additional per transaction cost or no percentage margin applied to transactions. (There is a bank charge for online payments of approx. 1.4%, depending on the type of card used and value of the transaction).

The system will be available to clubs in Autumn and further updates will be provided throughout the summer.



By John Harrington

WILLIE BARRETT URGES GAA REFEREES TO STAY READY

THE GAA'S NATIONAL REFEREES DEVELOPMENT COMMITTEE CHAIRMAN, WILLIE BARRETT, HAS URGED REFEREES TO ENSURE THEY'RE READY FOR A RETURN TO ACTION IF CLUB OR INTER-COUNTY CHAMPIONSHIP MATCHES CAN BE PLAYED BEFORE THE END OF THE YEAR.

Barrett believes the best mindset for a referee to have right now is to presume they will officiate again before the year is out.

"It's a very challenging time for GAA referees as well because, like players, we're in the unknown," Barrett told GAA.ie "We don't know what's going to happen down the road, nobody knows.

"But, at the same time, we've got to be ready. We have to prepare ourselves as if we will have a Championship in 2020, be it club or county.

"It may not happen and if it doesn't it doesn't, but we have to be ready one way or another.

"There are several different programmes for training and it's important that each referee does the training that you need to get up to speed.

"Not every part of the programme might be for everyone because every individual is different, so a referee must conduct his training in line with what he needs to get up to the level required.

"Obviously it's tough for referees the same way it is for players that they can't train on their local GAA pitch at the moment, but there's always someplace you can get your training in.

"And I'd have to complement referees around the country on their efforts because I know they're improvising and have done that, to be fair to them."

DCU's Aidan Brady has overseen the fitness of the national panel of inter-county referees for the past three years and has continued to work closely with them via video conferencing to ensure they're remaining as fit and focused as ever.

"Aidan Brady has prepared a programme for each referee on the national panel and they're doing that on a weekly basis," says Barrett.

"We have a conference call every Thursday evening going back for a few weeks now for approximately 75 referees and we have different people coming in and talking about different aspects of training and mental health, et cetera.

"Last week, for example, we looked at some clips of games in last year's Championship so we are fully prepared in as much as is possible for 2020 club or inter-county championship if it happens.

"We have to do everything as if there will be a restart so we're fully ready for it."

INTER-COUNTY REFEREES BEING PUT THROUGH THEIR PACES AT A TRAINING SESSION AT THE GAA'S NATIONAL DEVELOPMENT CENTRE IN ABBOTSTOWN.



THE GAA'S NATIONAL REFEREES DEVELOPMENT COMMITTEE CHAIRMAN, WILLIE BARRETT.

60 DAYS OF GAA MEMORIES - BRINGING THE GAA MUSEUM TO YOU AT HOME

A TRIP TO CROKE PARK SIMPLY WOULDN'T BE COMPLETE WITHOUT EXPERIENCING OUR TREASURED GAA MUSEUM LOCATED UNDER THE CUSACK STAND.

The GAA Museum is where the archives and artefacts of the Gaelic Athletic Association are brought to life and our sporting heroes are honoured. Celebrating Ireland's national games and how the GAA has contributed - and continues to contribute - to our cultural, social and sporting heritage is at the heart of everything we do.

For now the GAA Museum & Tours are closed as part of Ireland's Covid-19 national protocol. In line with the governments phased re-opening strategy, we hope to safely open our doors on Monday 20th July.

In anticipation, we want to bring a cross-section of what we do at the GAA Museum to you at home over the coming weeks by sharing an insight of who we are and some of our most treasured stories and artefacts.

There'll be insights from legends of the game to stories from our own infamous guides. There'll be family fun and reminiscing iconic GAA moment. And there'll be throwbacks plus a challenge or two thrown your way!

Join us on our journey to re-opening and follow #GAAMuseum on our CrokePark social channels
- [Twitter](#), [Instagram](#) & [Facebook](#).



CROKE PARK VOLUNTARY STEWARDS BOOK

THE OPERATIONS TEAM AT CROKE PARK STADIUM ARE LOOKING TO CAPTURE THE MEMORIES AND RECOLLECTIONS OF MATCH DAY STEWARDS WHO HAVE VOLUNTEERED AT THE STADIUM.

Stories are welcome from both past&present stewards so please spread the word!

Stories should be lighthearted and reader friendly, for example

- WHY YOU STARTED STEWARDING
- YOUR FAVORITE MEMORY
- A FUNNY STORY
- MEMORABLE DAYS /EVENTS

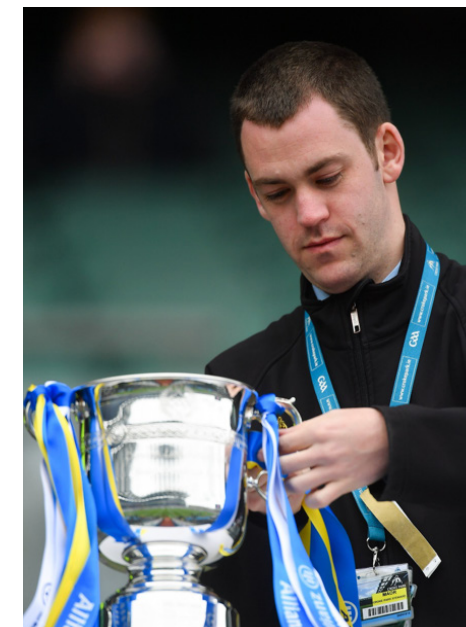
Points to note:

- Stories may be edited or omitted pending final approval from editors.(Please note there will be independent editors to the project.)
- You can rescind your story at any time.
- Stories can be in English or Irish.
- If you need someone to transcribe your story,please contact Elaine
- The book could be potentially be made publicly available.
- Stories may be submitted anonymously or with a short profile, how many years you have been stewarding& a picture.
- Submissions can be hand written or typed and sent to Elaine: **eorourke@crokepark.ie** or by post to: Elaine O'Rourke, Event Controller, Croke Park stadium, Jones Road, Dublin 3.
 - Closing date for submissions is
- For any queries please contact a member of the Stewards Book Committee which includes: John Cassidy, Michael Leddy, Pat Fogarty, Jerry Grogan. Elaine O'Rourke and Fionnuala Cullen.

NAME THE BOOK-COMPETITION!

Submissions are open to name the book, please submit your entry to **eorourke@crokepark.ie**

The winner will receive a night stay plus dinner in the Croke Park Hotel.



THE GAA & RNLI – PROMOTING WATER SAFETY IN OUR COMMUNITIES

THE GAA IS IN A SUCCESSFUL PARTNERSHIP WITH THE RNLI, HELPING THE CHARITY TO SHARE IMPORTANT WATER SAFETY ADVICE AND HOSTING TALKS BY RNLI VOLUNTEERS AT CLUBS. NOW, MORE THAN EVER, THAT ADVICE IS VITAL AS WE STAY NEAR HOME AND STAY SAFE.

THE GAA IS GOING TO BE SHARING IMPORTANT RNLI WATER SAFETY MESSAGES AND ADVICE WITH OUR PLAYERS AND OUR SUPPORTERS, TO HELP SAVE LIVES AND KEEP OUR FAMILIES SAFE, IN THE MONTHS AHEAD.

As lockdown restrictions start to ease, families around the country will be heading to our beaches and enjoying the coast. Lifeguards can't be everywhere and it's vital that people keep an eye on their families and keep safe on and near the water.

Around the coast and on some inland waters the RNLI has forty-seven lifeboat stations which are operated by volunteer lifeboat crew living and working in local

communities. RNLI volunteers continue to be on call and ready to launch to help anyone in trouble on the water. However, the charity is asking that we do everything we can to reduce the demand on volunteer lifeboat crew and other emergency services who will be helping keep us safe and in turn, keep them safe too.

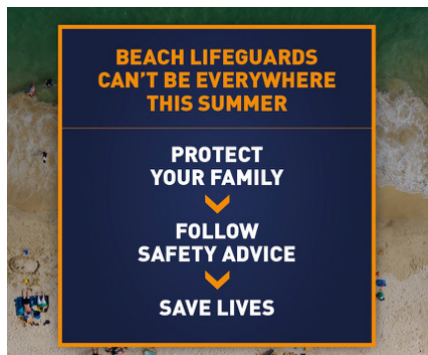
Throughout the summer, the RNLI will be sharing important beach safety messages aimed at families visiting the coast from anywhere in the country. The message is

LIFEGUARDS CAN'T BE EVERYWHERE THIS SUMMER.

- **PROTECT YOUR FAMILY**
 - **FOLLOW SAFETY ADVICE**
 - **SAVE LIVES**
- AND IN AN EMERGENCY DIAL 112 / 999 FOR THE COAST GUARD.**

You can find the RNLI's safety advice at [RNLI.org/beamh2020](https://www.rnli.org/beamh2020) or contact the RNLI on Lisa_Hollington@rnli.org.uk for information or resources.

Your help could save lives this summer.



DERMOT EARLY YOUTH LEADERSHIP INITIATIVE

THE DERMOT EARLEY YOUTH LEADERSHIP INITIATIVE (DEYLI) TAKES ITS NAME FROM ONE OF IRELAND'S MOST INSPIRATIONAL LEADERS AND ONE OF GAELIC GAMES MOST ICONIC PROPONENTS, DERMOT EARLEY (1948-2010).

The initiative, a tribute to Dermot's lifetime of sporting and professional achievements and his commitment to community service, is brought to life through a partnership between GAA, Foróige, and NUI Galway. The programme empowers young people to enhance their leadership capabilities to better enable them to reach their full potential and have a positive impact on the world around them.

On Saturday the 15th May, 120 young men and women from clubs across the island of Ireland (Roscommon, Galway, Kildare, Dublin, Antrim, Donegal and Monaghan) received a virtual certificate of recognition from Uachtarán Cumann Lúthchleas Geal, John Horan, to mark their completion of modules one and two of the DEYLI programme.

Click [HERE](#) to watch the recognition webinar.

Three young leaders shared their experience of the programme and the challenges they faced during Covid-19: Theo Kavanagh (Kilcullen GAA, Kildare), Eimear Ní Bhaoighill (Letterkenny Gaels, Donegal) and Rose Sherlock (St. Enda's GAA, Antrim). Past participant and student nurse Orlaith O'Sullivan also spoke during the webinar. They spoke

about how the DEYLI has allowed them to develop leadership and life skills such as communication, goal setting, self-awareness and reflection. They also recalled how the programme helped to transform them from shy quiet, teenagers to young adults that now possess the skills and confidence to take on the current challenges being faced during Covid-19. The DEYLI is now looking for interested clubs/individuals across the island of Ireland to get involved with the programme.

About the Initiative

DEYLI has seen over 600 young GAA members (aged 15-18) complete the yearlong programme, gaining from NUIG a FETAC level 6 third level qualification in Youth Leadership and Community Action for their efforts. This unique programme evokes and honours the values Dermot Earley epitomised and is designed to foster them in a new generation of young Irish leaders. The programme comprises of three modules, two of which are facilitated, and one is undertaken by the young people independently (click [HERE](#) for further information). <https://www.gaa.ie/api/pdfs/image/upload/dk8dt43i1tkrz3dyhg9.pdf>

Facilitators will receive full training and ongoing support. A minimum of two facilitators are required to run the programme with a group of approx. 15 young people within their club. The programme comprises of three modules, two of which are facilitated, and one is undertaken by the young people independently. Each of the facilitated modules

comprise of 15 one-hour sessions. How the programme is delivered is agreed between the facilitators and participants to best suit everyone's schedules. It can be run weekly or can be done in a block of a few sessions at a time.

How to get involved

Interested clubs can sign-up at any point over the next number of weeks by simply clicking on the link [HERE](#). All interested clubs will be asked to nominate two club members to support the delivery of the DEYLI within their club. DEYLI facilitators will receive full training and ongoing support. This is an opportunity for your club to get involved in a programme that is proven to make a real difference to young people's lives.

Should you have any queries you can contact Blánaid Carney Health & Wellbeing Co-ordinator blanaid.carney@gaa.ie



PROUD FAMILY – DERMOT JUNIOR, ANNE-MARIE AND MARY EARLEY



THE SUCCESSFUL COURSE PARTICIPANTS IN DEYLI

AVOIDING VOLUNTEER BURNOUT



Coronavirus
COVID-19



AVOIDING VOLUNTEER BURNOUT

Volunteering during Covid-19 is an important part of our community response, but the safety and wellbeing of volunteers must also be kept to the forefront during these efforts. Even when restrictions are lifted we may still rely on the generosity of our volunteers to support our GAA clubs and communities. It is therefore important that we recognise the effort being put in by our volunteers at this time and ensure that their safety and wellbeing is kept in mind at all times. Here are a few tips to help avoid volunteer burnout;

01 Set Expectations

Let volunteers know in advance exactly what is required of them and for how long. Be honest about what you are asking from them and ensure that the volunteer's expectations meet the reality of the task.

02 Clear Instructions

Make sure that you give volunteers full, clear instructions before they begin. Ensure that they have all the necessary information and any paperwork required before setting off.

03 Check In

Check in on your volunteers regularly to see how they are getting on. Ensure that there are open and friendly lines of communication at all times. Make sure that line isn't always you, you need a break too!

04 Spread the Work

It is not fair to expect the same volunteers to do everything. Make sure that you are spreading the workload and giving volunteers a break when needed.

05 Say Thank You

Volunteers are giving up their time to help out. Make sure that you regularly show your appreciation to them and thank them often.

06 Remember

Volunteers are not immune to Covid-19, they are putting themselves at risk to help others. It is important to check in on their wellbeing regularly too.



For additional Volunteer support and information during Covid-19 please visit [Volunteer Ireland](#) (ROI) or [Volunteer Now](#) (NI)

CLONTARF V RAHENY - GO THE DISTANCE

DUBLIN CLUBS CLUAIN TARBH AND RAHENY RECENTLY MOBILISED THEIR MEMBERS AND THE WIDER COMMUNITY IN THE HUNDREDS IN AID OF CHARITY AND DUBLIN 3 AND 5 WAS A SEA OF RED AND MAROON GEANSAÍ'S REMINISCENT OF A CORK-GALWAY FINAL DOWN THE ROAD IN CROKER.

Plotting a virtual target route around the GAA clubs of the coastline of Ireland and virtually visiting them with Twitter mentions, the number of people who walked, ran, cycled or even swam completely exceeded expectations and the original target. With people still logging their distances over the weekend both clubs travelled a staggering 78,000Km which is Malin2Mizen approximately 122 times, almost twice

around the circumference of the earth and about 26 times the original target distance.

The clubs challenged each other to see which of them would cover the most distance with all proceeds going to the local St Francis Hospice.

Leading up to the event the GAA family across Ireland came out in force with good luck videos from media including Marty Morrissey, Des Cahill and GAA broadcasting legend Mícheál Ó Muircheartaigh. Current and former players including Peter Canavan and Mattie Donnelly from Tyrone, Ryan McHugh from Kilcar and Donegal and three former Áth Cliath captains, Coman Goggins, Collie Moran and Ciarán Whelan, who took part in the event for his former club Raheny,

all wished the endeavour well. There was crossover into other sports with former Ireland cúl báire Packie Bonner wishing the event well on the day that TG4 showed another WorldCupGold game from Italia 90. Clontarf native and former juvenile player Brian O'Driscoll and fellow Ireland and Lions player Jamie Heaslip also sent on messages along with former Clare dual player and now Ireland rugby international Eimear Considine.

The event almost broke the Internet with good luck messages and retweets coming in from clubs around the coastline including McQuillans in Antrim and Na Magha in Derry. In fact the interest was so high that #GoTheDistance was the 4th trending term on Twitter in Ireland around lunchtime on

Saturday, May 23. As the event carried on the volume of donations was so high the donation site was temporarily down.

The diaspora was out in force with the first activity seen in Sydney, there was a very hot cycle in Riyadh, Saudi Arabia, runs in Brussels, New York and Cardiff, a hill climb in Yorkshire and a 5K in the backgarden of a house in London among others.

The real winners of the event apart from the tremendous community spirit that was apparent are St. Francis Hospice. With COVID-19 impacting many charities they have a €1.8m shortfall in fundraising opportunities. The generosity of people has completely exceeded expectations and over €101,000 has been raised.



DONOVAN EMBARKS ON GO KART FUNDRAISING ADVENTURE

IT WAS A WEEKEND JOURNEY WITH A DIFFERENCE.

Former Sligo footballer Ross Donovan did his bit for charity clocking up 10 kilometres in a go kart with his six year old son Michael.

Ultimately it capped a fine fundraising effort from the Eastern Harps GAA club. More than 11,000 euro has been raised for the **CLASP and Ballymote Community Nursing Unit** which delighted Donovan.

“Around two weeks ago the club started doing a fundraiser for CLASP and the Ballymote Community Nursing Unit, they were doing duals, head to heads running against each other,” Donovan explains.

“Whoever ran the most was going to get the pride of the parish if you like, but I hadn’t taken part in the running. It just didn’t suit me on the roads at the minute, but the young lad has a go kart at the house and we were messing on it a couple of evenings.

“We said we would go, to give it a lash, to do something for it. That was just our twist on it.”

So how long did the adventure take? “We actually did really well, an hour and a half,” Donovan laughs.

“We stopped on the way for ice cream, we had a great little time. One or two of the videos are what set it off, that is what got everyone in the humour for it.

“We did another one where he finished off, he brought us home for the last maybe half a mile or so, he brought us in. He enjoyed the whole day.”

There wasn’t any significant masterplan when leaving the family home which added to the sense of excitement.

“We announced it on Twitter that morning what we were going to do,” Donovan states. “We had no route or anything planned, we were conscious of not being on the main road for too long. You have two or three little back roads into the village of Gurteen from our house, so we went on that loop.

“The plan was to get to Gurteen where we might get a lift home, but we had got on so well and we enjoyed it so well we got to Gurteen quick enough. We went out the road, my wife followed us for a bit of it, but she let us off when we got on the open road.

“You’d have to give huge credit to a lot of our lads in the club, they have ran some amount of kilometres, one of the selectors Mikey O’Grady did 11 kilometres.”

Throughout the country clubs continue to organise interesting events and Eastern Harps’ senior footballers benefited from this experience according to Donovan.

“You can see stuff going on in loads of clubs around the county and country,” he adds. “With ours they ran it for two weeks

and what they really took from it was there was that bit of competitiveness in it. That is what you want in a team sport.

“They had two teams, A and B with 19 on each side. Whoever won the dual then your overall team could win. It had the club talking about it, everyone was tracking the updates as to who was ahead so it brought a buzz for the two weeks.

“People were saying the charities would struggle because there wasn’t as many out and about. Maybe the money wouldn’t be there, but every club in the country has got behind some charity or local fundraiser. The money being raised is phenomenal.

“We have other clubs here who ran some great fundraisers, the money they gathered was unbelievable.”



FORMER SLIGO FOOTBALLER ROSS DONOVAN.



CAHIR HEALY'S INCREDIBLE FEAT OF STAMINA AND SKILL FOR GREAT CAUSES

LAOIS DUAL-STAR CAHIR HEALY PULLED OFF AN INCREDIBLE FEAT OF SPORTING ENDURANCE YESTERDAY TO RAISE THOUSANDS OF EUROS FOR THREE GREAT CAUSES, 'DO IT FOR DAN', THE MIDLANDS REGIONAL HOSPITAL PORTLAOISE PPE APPEAL, AND THE NHS.

Over the course of roughly nine hours in a local park where he lives in London, the Portlaoise man scored 1,000 hurling points, 1,000 football points, and ran a marathon.

The hurling points were shot from the 45 yard line with the football points from the '21 yard line, and Healy was impressively accurate from both, needing 2102 shots to complete his target.

It's hard to imagine just how physically exhausting that must have been on what was a warm summer's day in the English capital, but Healy is clearly made of stern stuff.

"I got through it better than I thought I would, to be honest," he told GAA.ie today. "I did a four to six hour trial-run the week before and I struggled badly.

"I changed things around yesterday to be able to do it a bit better. The previous week I had left all the running to the end but it was better when I mixed it up yesterday.

"I actually just feel a bit hungover today, I'm just so tired, I actually couldn't sleep last night. My groins are probably the most sore from kicking a thousand points, but I'm just tired more than anything."

Healy's achievement is all the more remarkable considering he has twice

ruptured cruciate knee ligaments in the last two years and only nine weeks ago underwent further knee surgery.

"That one was only a cartilage operation so it wasn't a cruciate surgery or anything like that," he says.

"The only time it really hurt me yesterday was when Kieran Lillis got in touch via the live video stream and said something like 'Where's the outside of the boot shot?'

"The lad who was doing the video was feeding me the comments so when heard that one I swung the left leg to kick it with the outside of the boot and I thought the bottom of my leg was going to fall off!

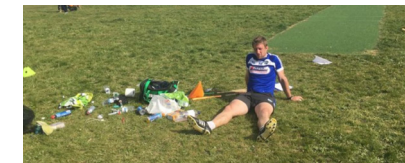
"Whatever way you extend when you kick that sort of a way, it pulled at the knee. Other than that, it was fine."

A picture of him holding a stein of beer after he'd completed the challenge got the hundreds of likes on Twitter it deserved, but by then even drinking it was a challenge.

"I was nearly too tired to hold the beer, but once I got through half of it I started feeling a bit better!

"It was a good buzz to finish it, but there was a little bit of an anti-climax too because it's more relief than anything, you're just delighted it's over with.

"It's different when you finish a game and you win a game and there's a bit of roaring and shouting and jumping up and down. Whereas this was like, 'alright, thank God that's over, lets go home and have a beer.'"



Not surprisingly, Healy's feat of sporting skill and stamina has sparked a flood of charitable donations to the three causes he's supporting.

At the time of writing, he has already raised €16,670 (€18,651) and isn't far off hitting his fund-raising goal of €20,000.

"It's unreal, I'm humbled by it," says Healy. "I can't believe it, to be honest. I only picked €20,000 as a random figure. I was thinking if I got 2,000 donations for the 2,000 points and if the average donation was for a tenner that would make 20,000.

"It wasn't that I wanted to hit 20,000 money-wise, it has actually gone way past what I expected it to. It started out as 2,000 points for 2,000 pounds. It has surpassed my expectations unbelievably."

€7,500 of what Healy raises will go to the DoItForDan fundraiser which is a cause especially close to his heart.

Dan Donoher is the one-year-old son of his friend and former Laois team-mate, Niall Donoher, who needs expensive specialist treatment in the USA for a rare muscular disease.

Thanks to the considerable efforts of so many people around the country, the \$2.1M required for that treatment has already been raised ahead of schedule.

"I never played one a Laois football team from U-14 to senior that Niall wouldn't have been on as well," says Healy.

"There would be that closeness there and a feeling of loyalty, I suppose, from my perspective.

"What I've learned out of it is that when every person do a little bit that makes something huge. As opposed to generally the way things seem to get done is you might have five people doing great work, pulling the whole cart along, pulling the whole train.

"Whereas this time every single passenger on the train did a little bit and it moved an awful lot further. Every single person contributed their own small little bit and they smashed through the target they needed to hit in terms of fund-raising."

Healy is keen to pay tribute to all the people who have helped him with his own fundraising efforts.

"Sean Dempsey who has been doing a lot of work with the DoItForDan fund-raising committee was a great help for me getting it all set up and running and who to speak to and who to talk to get word out about it. He was a great sounding-board for me.

"There are so many people who have helped. My club Portlaoise shared it a good bit and Laois GAA were putting up the videos and St. Brendan's Gaelic Football Club here in London gave me savage support as well, there were loads of fellas down helping me yesterday doing a lot of videos.

"I got an awful lot of support. Work colleagues came down and I was kind of blown away really by all the help and support I got."

By John Harrington

O'DONOVAN ROSSA GAC GO THE EXTRA MILE FOR ST JOHN AMBULANCE

O'DONOVAN ROSSA GAA CLUB IN BELFAST HAVE RAISED OVER €8,500 AND COUNTING IN A FUNDRAISING DRIVE FOR ST. JOHN AMBULANCE (NI).

Si solessit quaturenimi, odit, sim as rerum Their 34-county challenge saw their members run, walk, or cycle to 'virtually' travel the distance from Rossa Park to every county ground in Ireland as well as Ruislip in London and Gaelic Park in New York.

That came to a considerable total of around 6,500 kilometres, which the club members completed on Sunday.

"We decided to support the St. John Ambulance because they're such a vital cog to our games as paramedics at so many matches," explains O'Donovan Rossa Club PRO, David Mohan.

"They're very much on the frontline too in the battle against Covid.

"Last month they issued a fund-raising appeal because they were at risk of going under. Were that to happen, it would be a huge loss for the GAA, so we decided to help them as much as we could."

A galaxy of current and former GAA stars including Lee Chin, Aidan O'Shea, Patrick Horgan, and Sean Cavanagh all lent their support to the fund-raising drive by publishing videos welcoming O'Donovan Rossa club-members to their county grounds.

"They were all more than happy to help," says Mohan.

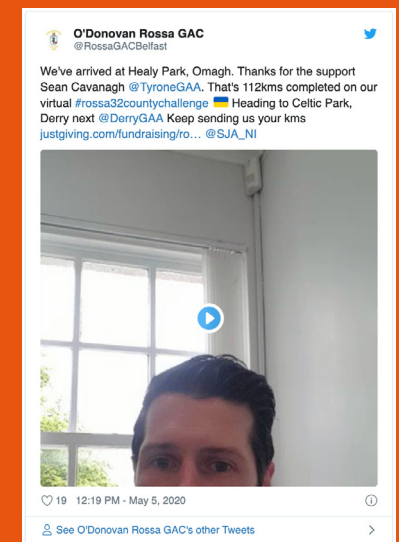
"We ended up with nearly more videos than we could use. Everybody was delighted to buy in to what we were doing

and welcome us to their county ground and encourage people to donate to the fundraiser.

"It was just a savage collective effort by everyone. Everybody played their part. It's great to be able to help such worthy charity like the St John Ambulance which has such strong connections with the GAA.

"It got our club-members out exercising which is great for mental health too. It got people out of the house and gave them some purpose at a time when they might have been lacking motivation and not knowing what to do with themselves."

You can donate to the O'Donovan Rossa GAC fundraiser for St John Ambulance NI here - <https://www.justgiving.com/fundraising/rossa32countychallenge>



'JONTY' O'LEARY - GONE BUT NEVER TO BE FORGOTTEN



LEGENDARY CORK GAA SUPPORTER, TIMMY 'JONTY' O'LEARY PICTURED AT THE 2015 ALL-IRELAND SHC QUARTER-FINAL BETWEEN GALWAY AND CORK.

LEGENDARY REBELS SUPPORTER, TIMMY 'JONTY' O'LEARY, WAS LAID TO REST YESTERDAY IN ST. JAMES' CEMETERY IN CORK CITY.

If you're a Cork GAA supporter or your county has played the Rebels in any code at any level over the last few decades, then chances are you'd have met Jonty along the way.

Usually you'd hear him coming before you'd see him. The drummer in the 'Rebel Army' band, he and friends like Pa 'The Piper' O'Leary, Thomas 'The Bomber' Roche, Cyril 'The Bird' Kavanagh, Eddie 'The Eagle' Burns, Ray Lucey, and Shane Murphy have become one of the defining

sights and sounds of a championship summer, dressed to the nines in their red and white band uniforms.

You couldn't miss Jonty. He was the man wearing a big sombrero and even bigger smile.

If you weren't already pumped up for a championship match involving Cork in a venue like Semple Stadium, then hearing Jonty's snare drum suddenly rattle out a call to arms certainly got you in the mood for what was to come.

"You'd see him at any game," says Life FM sports reporter, Joe Seward, a St. Finbarr's club-mate and a long-time friend of Jonty.

"It wasn't just the glory-days, he'd be there when there for the McGrath Cup and Munster Senior League games. He was just a permanent fixture.

"Jonty was a very upbeat fella, a real character. He loved the games, just loved the whole thing, really. The pageantry of the whole thing.

"He was very loyal, you'd seem him at every sort of a match. He followed all of the codes, hurling, football, ladies football, and camogie. He'd be at minor games and U-21s, the whole lot.

"He was a real Barrs man as well. He was steeped in the club's history born and raised in the parish so when the Barrs won the county for the first time in 33 years, that would have been the fruition of a real labour of love for him."

Jonty attended his first All-Ireland Final in 1956 when he watched his beloved Christy Ring try and fail to win a ninth All-Ireland title for the Rebels.

He quickly earned a reputation as a Rebels die-hard, and over the years he and others of the same ilk began gravitating towards one another on match-days until the 'Rebel Army' band was formed to express their shared passion.

"He's like us all, he couldn't wait for the weekend to come so we could all get away and have the banter again," says Cyril 'The Bird' Kavanagh.

"The weekends we had were brilliant. Craic

and banter and sing-songs and meeting people from every county that we would have gotten to know down through the years.

"We've met some amount of people. Our own crowd the Cork supporters would always be thrilled when they'd meet us going up the street with the drums and the pipes in Killarney or somewhere like that, it was great.

"We always got a great welcome wherever we went. No hassle or anything, all just good times.

"It's sad times now, though. Jonty died last Sunday when Cork were supposed to be playing Limerick in the Munster Championship down in the Pairc."

In a way, though, it seems fitting that Jonty would bow out on a day when the Cork hurlers should have been playing a full-throated Munster championship match.

His wife Julia is a Limerick-woman, and that would have been grist to Jonty's mill too, because he liked nothing more than the banter that goes hand in hand with days like that.

"He was the life and soul of the party," says Thomas 'The bomber' Roche. "A very humorous man. Great fun. One of these people that had great one-liners. Whenever you'd meet him something would always come into his head. He always cheered the place up.

"He had great time for everybody and I never saw him down. You could be beaten

by 10 points but he was still never down. There was always a smile on his face.

“No matter where we were or what bar we frequented for a few pints before a game, we used to always tease him by singing baby-face. He always had that smiling baby-face.”

His natural disposition might mean that defeat was an imposter he could cope with good-naturedly, and on the days that Cork came out on top there were few who could celebrate with Jonty's gusto.

“I remember one particular evening we came out of Croke Park and Cork were after winning the ladies football,” says Roche.

“I knew one of the ladies and she said we might be going up to Quinns afterwards so we headed up and had a terrific evening.

“He was over there with the Cup on his head in Quinns. Stuck it up on his head and walked around with it.

“He was up singing as usual and telling jokes. He's always give a rendition of the Galtee Mountain Boy, he loved that.”

For Jonty, the journey was as important as the destination on big match-days.

He'd arrive to the train-station with a bag of sandwiches that could feed a small army, and a mischievous smile already on his face at the thought of the craic and camaraderie to come.

“I'll miss him on the trains especially,” says Roche. “We'd travel by bus and car, but going on the train in particular was great fun.

“In the old days the train would stop at all

the stations and you could pull down the window and Jonty would have his head out of it. A terrific character.

“The next time I'm on a train I'll definitely miss him. I'll be looking over my shoulder, you know. Because you'd be always saying, 'Where's Jonty? Is Jonty coming?'

“And when he'd arrive he'd always have the bag of sandwiches. He'd put the big bag up on the table and the sandwiches were for everyone.

“If someone passed down the carriage, he'd say, 'Do you want a 'baad'? And if he was going for a bag of chips he'd never say chips, he'd say he was going for a 'bag of skins'.

“He was gas and it's just really sad that he's gone. I just can't get over it.

“If and when and hopefully soon the next Cork match is played, the plan is that we'd all buy t-shirts with 'Jonty the Legend' on the t-shirts with his photo.”

Jonty's friends gave him a fitting final farewell yesterday.

They carried him on his last journey, sang the 'The Banks' by the grave-side, and then Pa 'The Piper' O'Leary played a lament as he was laid to rest while flowers and sliotars were thrown in to the grave.

“He's a pal for life taken away, unfortunately,” says his good friend Ray Lucey. “But, look, he's out of his pain now at least.

“He's after making his way up the steps of the stairway to heaven and he'll be up there cheering on Christy Ring and John Horgan and all of the greats.”



CORK SUPPORTERS TIMMY 'JONTY' O'LEARY AND PA 'THE PIPER' O'LEARY PICTURED BEFORE THE 2012 ALL-IRELAND SHC QUARTER-FINAL BETWEEN CORK AND WATERFORD IN SEMPLE STADIUM.



TIMMY 'JONTY' O'LEARY IS CARRIED BY HIS FRIENDS ON HIS FINAL JOURNEY.

CLUB LEARNING WEBINAR SERIES

GAA HANDBALL HAVE RELEASED DETAILS OF AN ONLINE WEBINARS SERIES, FOCUSING ON CLUB LEARNING, WITH EIGHT SCHEDULED TOPICS.

We hope to see a large number of our clubs in attendance at each webinar. Clubs who attend the webinars can use their attendance to cover some of the criteria contained in Club Iontach.

Any person who would like to sign up for next weeks webinar "GAA Injury Fund & GAA Insurance Covers", please fill out the Microsoft Form below before Noon on the Wednesday. Once you have filled out the Form you will receive an invite via email to the webinar on the afternoon of the webinar. Please note there will be a Microsoft Form each week to register for each webinar separately.

REGISTER FOR WEBINAR #4

Webinar information:

- Webinars will run every Wednesday from 7pm
- Each webinar would last approx 45 mins
- The first part of the webinar will be the presenter going through the key areas/points of their topic regarding a club.
- The second part would be the presenter answering the questions which we have received from the club people on the Microsoft Forms and there will also be chance to ask questions live at this point in the webinar.



GAA HANDBALL CLUB LEARNING

WEBINAR SERIES

Webinar 1 - Wednesday 13th May - Learning Opportunities for Club Officers

Presenter: Eoghan Tuohy, Officer Development Coordinator with The GAA.

Webinar 2 - Wednesday 20th May - Volunteer Recruitment & Retention

Presenter: Oliver Keating, Member of National Officer Development Committee.

Webinar 3 - Wednesday 27th May - Finance for Clubs

Presenter: Joan Kelly, GAA Financial Controller

Webinar 4 - Wednesday 3rd June - GAA Injury Fund and GAA Insurance Covers

Presenters: Sinead Leavy, GAA Risk & Insurance Manager
& Ciara Clarke, GAA Injury Fund Manager

Webinar 5 - Wednesday 10th June - Coaching, Getting the Basics right

Presenter: Darragh Daly, GAA Handball National Development Officer

Webinar 6 - Wednesday 17th June - How Social Media can benefit your Club

Presenter: Lisa Hayden, GAA Digital Content Manager

Webinar 7 - Wednesday 24th June - Child Safeguarding within your Club

Presenter: Gearóid Ó Maoilmhichíl, GAA National Children's Officer/
Child Welfare & Safeguarding Manager

Webinar 8 - Wednesday 1st July - GDPR for Clubs

Presenter: Kelly Cunningham, GAA Data Protection Officer

Register via paucic.dowdall.handball@gaa.ie.

Webinars will be 30 minutes max, with a 15 minute Q&A opportunities available afterwards.

By Martin Fogarty

HURLING WEBINARS PROVE A MAJOR HIT

THESE STRANGE TIMES HAVE MOVED A LOT OF LEARNING AND DEVELOPMENT ON LINE AND IT HAS BEEN HEARTENING TO SEE THE SUCCESS THAT HAS BEEN THE GAA'S HURLING SPECIFIC WEBINARS WHICH HAVE BEEN ORGANISED BY THE GAMES DEVELOPMENT DEPARTMENT TO COMPLIMENT THE WEEKLY WEBINARS BEING ROLLED OUT BY PETER HORGAN.

These strange times have moved a lot of learning and development on line and it has been heartening to see the success that has been the GAA's Hurling Specific webinars which have been organised by the games development department to compliment the weekly webinars being rolled out by Peter Horgan. There have been three specific hurling sessions. More than 800 have logged in and of particular interest is the attendance of coaches from forty overseas clubs from Australia Austria, Belgium, Canada, Czech Republic, Dubai, Germany, London, New Zealand, Scotland, USA.

This is testament to the great work being carried out in these clubs and supported by Croke Park Staff members Áine Gibney, Tracy Bunyan and Kayleen Iwasaki.

All this hurling development came to fruition at last years World Games held in Waterford. The quest for hurling support and guidance from these units of the Association is ever increasing.

Coaching and Managing a Hurling Team Part 1, Nursery Hurling Values & Guidelines

Part 1 and The Goalie-No. 1 on Every Team were the titles of these webinars with a further series to follow in the coming weeks.

Of particular interest should be a round table discussion with players Aoife Cassidy and Brendan Rogers and management Michael McShane and Dominic McKinley from the famed Derry Club Slaughtneil. This event will also feature six celebrity stars in the audience whose identities are being kept secret until the event. The Goalkeeping event was hugely popular and featured interviews and advice with eight of the top keepers in the game at the moment namely Eoin Murphy, Stephen O' Keeffe, Anthony Nash, Brian Hogan, Colm Callanan, Nicky Quaid, Enda Rowland, James Shehill.

The webinars held todate are here:

Webinar 1: Hurling Webinar: Coaching & Managing a Hurling Team Part 1

Webinar 2: Nursery Hurling Values & Guidelines Part 1

Webinar 3: The Goalie - No. 1 on Every Team



VIRTUAL SCÓR DRAWS TO A CLOSE

OVER THE PAST FEW WEEKS, WHILE AWAITING SOME INDICATION AS TO HOW AND WHEN SCÓR ACTIVITIES MIGHT RESUME, COISTE NÁISIÚNTA SCÓR HAS UTILISED “VIRTUAL SCÓR” TO:

- **PROMOTE SCÓR,**
- **ASSIST PARENTS IN KEEPING CHILDREN ACTIVE,**
- **MAINTAIN COMMUNICATION BETWEEN SCÓR COMPETITORS**
- **LINK AND ENTERTAIN THOSE IN LOCKDOWN.**

Ba mhaith linn ár míle buíochas a chur in iúl do gach duine a bhí páirteach sa tionscnamh seo. D'éirigh go maith linn na haidhmeanna a bhí againn a chomhlíonadh. Not alone were our objectives achieved but such has been the inventiveness of participants and the quality of the material submitted that “Virtual Scór” has given Scór an enormous publicity boost.

- The collaborative videos from all around the country have been viewed right across the world and there are more to come this weekend.
- “Reeling in the years” type review of past All-Ireland, provincial and county finals have brought joy to many.
- The weekly Tráth na gCeist from Scór Chonnacht has drawn participants from all around the country.
- The “May the Road Rise” and “All Kinds of Everything” videos have gone viral and produced television, national newspaper and social media coverage that Scór generally struggles to get.



As the Scór season traditionally closes for summer, it is appropriate that we draw the curtain on Virtual Scór for the time being. A special word of thanks is due to Gareth McGreevy not alone for producing the two videos mentioned but advice and assistance

he has given freely to other groups.

As stated in previous correspondence we are not yet in a position to outline plans for the resumption of competition. We will be advised by the Ard-Stiúrthóir.

Idir an dá linn, guímid gach rath oraibh agus ar bhur gclannta.

Aodan Ó Braonáin, Cathaoirleach Choiste Náisiúnta Scór
Jamie Ó Tuama, Rúnaí Náisiúnta Scór

ÁR GCLUICHÍ, ÁR LAOCHRA – SEÁN Ó MAOILCHIARÁIN

SAN EAGRÁN IS DEIREANÁI SEO DE 'ÁR GCLUICHÍ, ÁR LAOCHRA' CUIREANN MUID 20 CEIST AR LAOCH ÓG OILEÁIN ÁRANN AGUS NA GAILLIMHE, SEÁN Ó MAOILCHIARÁIN. D'IMIR SEÁN A CHÉAD CHLUICHE SRAITHE LE GAILLIMH IN AGHAIDH MHUINEACHÁIN AG TÚS NA SRAITHE I MBLIANA AGUS IS Ó NEART GO NEART ATÁ SÉ AG GABHÁIL Ó SHIN. NÍL AON AMHRAS FAOI ACH GO BHFUIL TODHCHAÍ BHRÉA I NDÁN DON LÁNCHÚLAÍ IONTACH SEO LENA CHLUB AGUS LENA CHONTAE.

Ní hamháin go bhfuil bua na peile ag fear Árann ach is damhsóir, amhránaí agus ceoltóir den chéad scoth é, freisin!

“Sí an Ghaeilge mo theanga dhúchais. D'fhás mé suas ag labhairt Gaeilge i gcónaí agus ní fhéadfainn smaoiniú gan í a labhairt. Is údar mórtais é dhom a bheith ag labhairt Gaeilge.”

Seán Ó Maoilchiaráin, Aibreán 2020
Is mar seo a leanas a d'fhreagair Seán ár gcuid ceisteanna!

Ainm: Seán Ó Maoilchiaráin

Aois: 20

Slí bheatha: Mac léinn NUIG

Club: CLG Oileáin Árann

Contae: Gaillimh

Club nó contae? Club

An scannán is fearr leat? The Longest Yard

An banna ceoil is fearr leat? The Coronas

An áit is fearr leat? Inis Oírr

An bia is fearr leat? Bradán

An clár teilifíse is fearr leat? Impactful Jokers

An chéad chuimhne CLG atá agat: Ag imirt peile amuigh sa ngarraí os comhair an tí

An t-imreoir ab fhearr leat nuair a bhí tú óg: Pádraig Joyce/ Micheal Meehan

An chéad uair ar imir tú le do chontae: Faoi 14 – Blitz

An t-imreoir is fearr a d'imir leat: Colm Diego Brennan, ó mo chlub fhéin

An t-imreoir is fearr a d'imir i do aghaidh: David Clifford

An cluiche is fearr a d'imir tú riamh: Cluiche Leathcheannais Sigerson 2018

Buaicphointe do shaoil imeartha le do chontae: Mo chéad chluiche sraithe don fhoireann shinsir i gcoinne Mhuineacháin i Staid an Phiarsaigh i mbliana.

Buaicphointe do shaoil imeartha le do chlub go dtí seo: A bheith ag imirt i Roinn a hAon sa tsraith i mbliana den chéad uair i riamh.

An duine is mó a raibh tionchar aige/aici ar do shaoil imeartha go dtí seo: Mo mhuintir.

Aon chomhairle agat do imreoirí óga? Cleachtadh a dhéanamh ar na scileanna bunúsacha.

An mbeadh suim agat a bheith i do chóitseálaí/bhainisteoir amach anseo? Bheadh suim agam ann ach tá sé i bhfad uaim go fóill!

Aon chaitheamh aimsire eile? Is breá liom a bheith ag casadh ceoil. Casaim an bainseó agus an giotár.



Gluais / Glossary

eagrán – edition **céad chluiche sraithe** – first league match **ó neart go neart** – from strength to strength **amhras** – doubt **todhchaí bhréa** – bright future **i ndán** – destiny
lanchúlaí – fullback **bua na peile** – gift of football **den chéad scoth** – of the best **teanga dhúchais** – native language **údar mórtais** – source of pride **sa ngarraí** – in the garden
Staid an Phiarsaigh – Pearse Stadium **mo mhuintir** – my family **scileanna bunúsacha** – basic skills **ag casadh ceoil** – playing music **bainseó** – banjo **giotár** – guitar

GAA.IE/CLUBS - THE GAA'S NEW CLUB DASHBOARD

CLUB OFFICERS AND ADMINISTRATORS NO LONGER NEED TO REMEMBER DIFFERENT URLS FOR MEMBERSHIP, INSURANCE, TRANSFERS, INJURY FUND, VETTING ETC - YOU'LL NOW FIND EVERYTHING ON THE NEW GAA CLUB DASHBOARD -

LOCATED AT WWW.GAA.IE/CLUBS

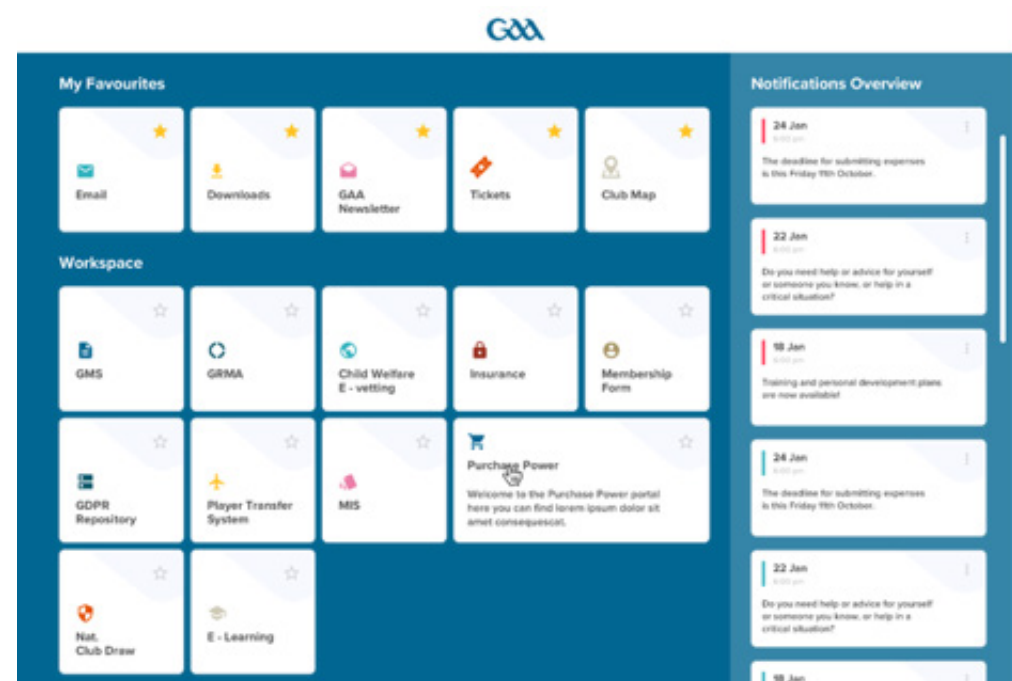
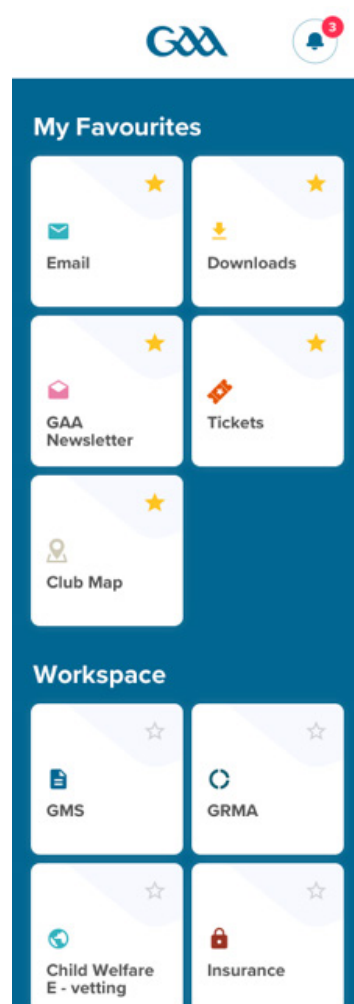
The Club Dashboard allows you to navigate to the site or portal you need in one click.

It will also post reminders and important notifications so that you don't miss a deadline or update.

You can create your own 'favourites' section with the pages you visit most.

GAA.ie/Clubs is fully functional on desktop and mobile.

It is a quick and easy way to get to everything you need on gaa.ie



NEW DASHBOARD DESKTOP VERSION

THE NEW DASHBOARD AS IT APPEARS ON MOBILES

GAA STEPS UP IT EDUCATION FOR CLUB AND COUNTY OFFICERS



- **ONLINE SEMINARS DELIVERED WEEKLY VIA MICROSOFT TEAMS AND AVAILABLE AFTERWARDS ON THE GAA LEARNING YOUTUBE CHANNEL**
- **JOINT APPROACH BETWEEN IT, AND OFFICER DEVELOPMENT COMMITTEES**
- **LED BY GERARD BRADLEY (TYRONE), NOEL TIERNEY (WESTMEATH), MICHELLE HEALY (GALWAY), TERRY BRADY (CORK) AND EOGHAN TUOHEY (GAA)**

The GAA has ramped up its efforts since the introduction of COVID-19 restrictions to upskill its volunteer officers and full-time administrators in clubs and counties on their use of IT.

Emphasis has been placed on increasing the awareness of how to use Microsoft Teams for hosting meetings at club and county levels, and Microsoft Forms for managing voting on motions at County Committee meetings.

The development of tailored educational materials for GAA Officers has been led by Gerard Bradley, the current IT Officer with Tyrone GAA and member of the GAA's IT Committee centrally. He remarked: "We have developed a series of short modules covering a variety of tasks using the Microsoft 365 package that has been made available to club and county officers. These training modules are targeted at an audience which has a wide range of I.T. skills. Our volunteers in particular need I.T. tools beyond email which can reduce the administrative burden of running the modern GAA at club or county level.

- **IT TUTORIALS, HELP CLINICS AND RESOURCES MADE AVAILABLE TO CLUB AND COUNTY OFFICERS**
- **EDUCATION AND SUPPORT PROVIDED TO SAVE ADMINISTRATION TIME AND FACILITATE COMMUNICATION AND COLLABORATION IN CLUBS AND COUNTIES**

The recent webinars provided online demonstrations and backup training materials which are particularly targeted at maintaining communications during the current pandemic. The most recent session provided an opportunity for clubs and counties to get solutions to I.T. queries and problems."

Another member of the IT Committee, Noel Tierney from Westmeath, has worked in conjunction with Bradley to design and deliver tutorials via the online seminars. "In recent years, we've delivered many face-to-face sessions on the Office 365 suite of tools to GAA officers throughout the country," Tierney says.

"With the constant turnover of club officers, the main priority for users in those two-hour sessions is Email and we've also tried to give a brief overview of both Calendar and OneDrive. Jarlath Nolan from Roscommon and I cover the midland and western circuit for Office 365 training. We've always felt that additional sessions

would help encourage wider adoption of the extensive suite of tools that Microsoft provide, but Club and County Officers get really busy in spring and its unreasonable to expect them to travel long distances for additional training.

"Webinars and other resources such as short videos hosted on the GAA E-Learning platform are other channels we've explored to deliver training and support to GAA Officers at club and county level. Initially, I was sceptical about webinars for GAA IT training, but circumstances in recent months have forced us to consider alternative approaches – like many organisations, the GAA has had to become very agile very quickly. I've been pleasantly surprised at how well they've gone. First of all, the technology to deliver the webinars is improving constantly. We use Microsoft Teams and it has proven to be very stable and reliable during the sessions we've held in recent weeks.

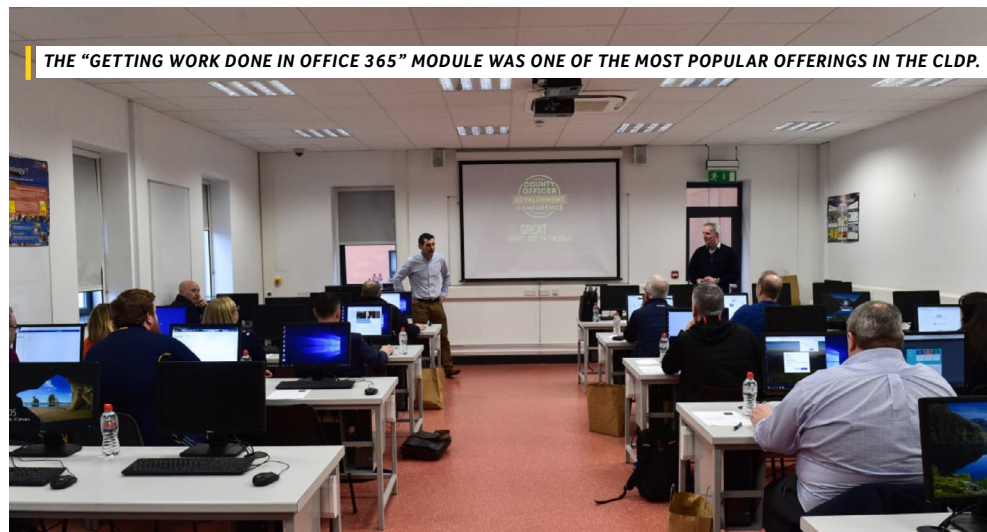


“Secondly, all of the webinars so far have involved at least two or more associates presenting the material - two or three different voices during the sessions is much more effective than one presenter carrying total responsibility. It adds a bit of energy to the sessions, and a second opinion is on offer when someone asks a tricky question! We know each very well at this stage, and whenever there is a technical glitch, a second presenter can step in and keep the session moving or answer any urgent questions via the chat feature.

“We’re acutely aware that some webinar attendees are very familiar with the Office 365 applications while others are relative newcomers, so we try to pitch it at a level where participants can leave the session feeling that they’ve learned something. We’re also conscious that it’s important to involve participants in the webinars, so we try to interact as much as possible with attendees and answer as many questions as possible. I’d never have imagined even five months ago that counties and clubs would be holding executive meetings via Microsoft Teams or voting on motions via Microsoft Forms. What’s even more encouraging is that club and county officers now have expertise in IT tools that are highly sought after by employers.

“Our work for the year isn’t finished yet, and we’ll be more than happy to provide additional webinars on Microsoft Teams, Forms and OneDrive. In the long run, from a club and county perspective, OneDrive is the most valuable, yet under-utilised component of the Office 365 suite, as it provides gigabytes of GAA controlled file storage, in the cloud, to every GAA club in the world.

“Currently, even though we’re all missing GAA activity on the field during the long summer evenings, GAA volunteers all over the world are taking full advantage of this once in a generation opportunity to take a massive leap forward in the adoption of communication and collaboration technology across the GAA and its sister associations. Please keep an eye on the webinar schedule and let us know what else we should cover. In future sessions, we



hope to showcase clubs or units who are using the Office 365 suite extensively, in particular features such as Forms and OneDrive for collecting and sharing data.”

The most recent webinar on 21 May acted as an IT Clinic for County Officers. Participants were surveyed in advance on technical problems they were experiencing, and a panel of IT Officers was assembled to prepare tutorials and answer questions on the webinar. Cork GAA IT Officer, Terry Brady, gave an overview on how Microsoft OneDrive can act as an “online filing cabinet” for Officers to store documents, and how officers can control which individuals and groups with both GAA and non-GAA e-mail accounts can view, or edit documents.

Michelle Healy, Galway GAA IT Officer, has been present on all seminars to help officers with queries within the Q&A chat feature in Microsoft Teams. Michelle, who is also Secretary of the Ahascragh Fohenagh Club, spoke about how a smarter use of the Microsoft 365 system can make a difference to clubs and counties.

“We are fortunate to have Microsoft

365 systems freely available to the GAA community to enable us continue to operate our activities seamlessly, where needed. In recent weeks, club and County Board Officers had to very quickly transition to using online communication and collaboration channels fully. Many users would be familiar with email, in recent weeks they have experienced the additional benefits available through the active use of the tool suite in the Microsoft 365 portfolio. These systems have enabled many to conduct their business successfully, remotely and online.

“We have also learnt that we do not need to bring groups together in person, face to face, for every discussion item that needs to be debated. This is a culture shift from how we traditionally ran meetings and courses. The effective use of IT enables us to have better flexibility and participation and hopefully we continue to leverage the use of IT to create efficiency going forward. We have had the opportunity to both learn from and support each other with practical IT solutions during this time. The IT community are very supportive and available to help where needed and I would encourage those who require support or have improvement ideas to contact

us. Strong teams working together off the pitch are most important at a time like this.”

Over the last few years, the GAA’s IT and Officer Development Committees have worked closely together to provide training to club and county officers on using Microsoft 365. Workshops have been delivered on-demand in counties under the auspices of the Club Leadership Development Programme (CLDP).

Eoghan Tuohey, GAA Officer Development Coordinator, currently coordinates the organisation of the CLDP. He noted that the Officer Development Committee has seen a strong increase in the demand for all IT-themed modules in the last year.

“The “Getting Work Done in Office 365” module was one of the most popular offerings in the CLDP, because it focussed on practical things officers could do to make their lives easier right away,” Tuohey states. “We hope that Club Officers in the GAA, LGFA and Camogie Association continue to avail of the supports on offer.”

In addition to the provision of training, the GAA has increased the priority given to the promotion of Club resources. Jack McCarney (GAA Club Administration Coordinator) has worked closely with the IT Committee to create a Club Folder Structure for Clubs. This is a set of sample documents and folders which GAA clubs can copy and use. To start with, a club secretary template has been created which includes files in the following folders:

- Insurance
- Transfers
- Safeguarding
- Sponsorship
- Games
- Events
- AGM
- Garda Vetting
- Minutes Property

To learn more, visit: <https://learning.gaa.ie/clubfolderstructure>

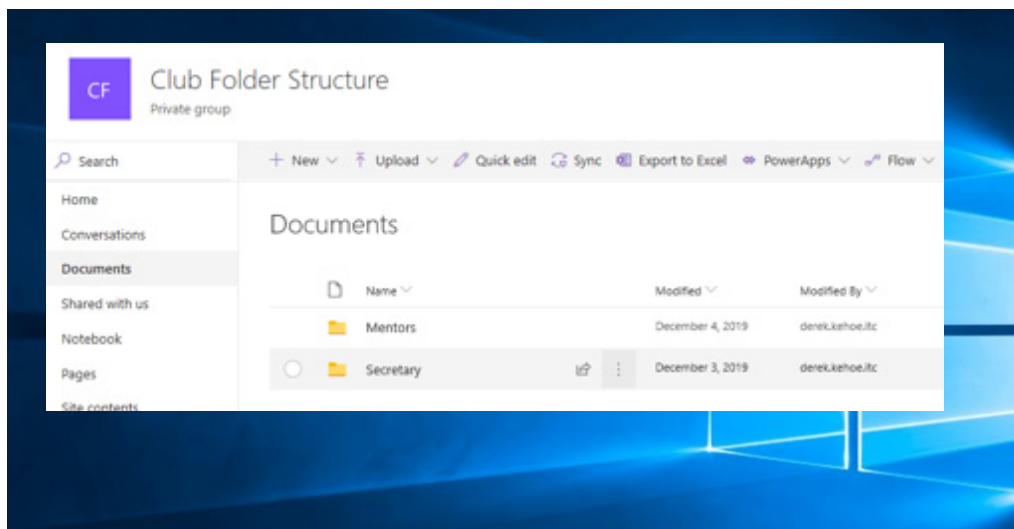
CLUB FOLDER STRUCTURE

DURING THE DIFFICULT SITUATION WE CURRENTLY FIND OURSELVES IN, THE GAA IS TRYING TO MAKE LIVES OF ITS CLUB OFFICERS A BIT EASIER. IN DOING SO, WE'RE HAPPY TO ANNOUNCE THAT THE CLUB FOLDER STRUCTURE IS NOW UP AND RUNNING! WORKING ALONGSIDE ERGO FOR THE LAST FEW MONTHS, A ONE DRIVE FOLDER HAS BEEN CREATED AND POPULATED WITH TEMPLATES AND GUIDES FROM DEPARTMENTS WITHIN CROKE PARK THAT CLUB SECRETARIES CAN OBTAIN. THE AIM OF THIS PROJECT IS TO HELP CLUB SECRETARIES HAVE A LOGICALLY ORGANISED FOLDER STRUCTURE TO THEIR ROLE AND AVAIL OF RESOURCES FROM SEVERAL DIFFERENT DEPARTMENTS. WE'RE HOPING TO HAVE MORE TEMPLATES AVAILABLE IN THE NEAR FUTURE AND EVEN EXTEND THIS PROJECT TO OTHER CLUB OFFICERS.

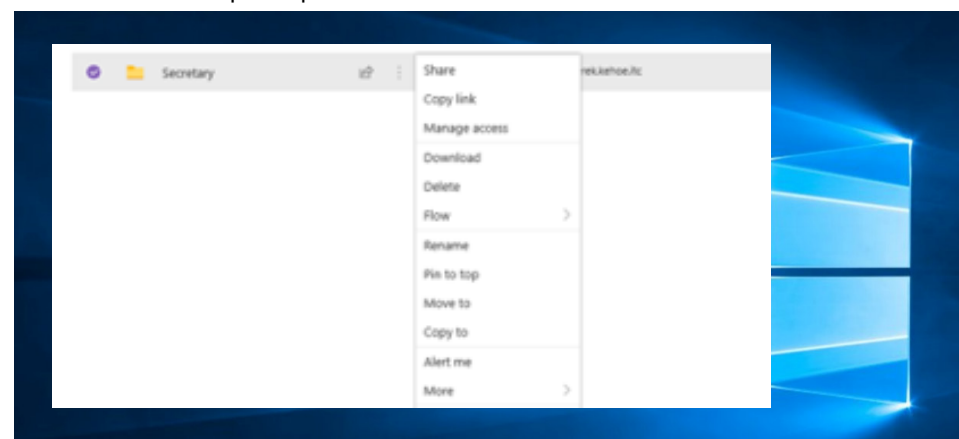
To see how you can access the Club Folder Structure, follow the steps highlighted below:

In order to get access to the template all you need to do is click on the following link [Secretary Templates](#)

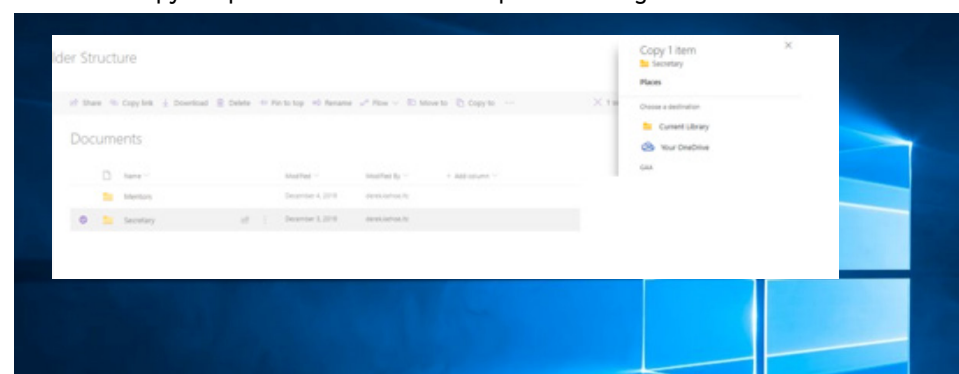
It will take you to the following page



Once you are on the page if you hover over the Secretary folder three dots will appear as shown above. If you select click on the three dots a menu opens up which is shown below



Select the Copy to option and a window will open on the right hand side



Now select Your One Drive and the system will copy the folder structure and contents to your one drive where you can begin to use the system.

GAA LEARNING PORTAL

When it comes to running GAA Clubs, all Clubs have a wide range of needs for information and training. That's why we're constantly working on updating all resources on the GAA Learning Portal for Club Officers.

Here's what is available:

- Online Modules
 - Club Officer Foundations - a 30-minute module which helps new Club Officers get started in their roles.
 - Leading Effective Meetings - a 30-minute module on how to run effective Club meetings.
 - Access here - https://learning.gaa.ie/club_leadership
- Learning Files
 - A vast range of handouts relevant to each module in the Club Leadership Development Programme. For example, essential child safeguarding information, injury benefit fund guidance, independent team guidance, One Club guidelines, etc.
 - Access here - <https://learning.gaa.ie/ClubOfficerLearningFiles>
- Role Profiles
 - Sample descriptions of key duties for the roles of Chairperson, Secretary, Treasurer, PRO, Registrar, etc.
 - Access here - <https://learning.gaa.ie/OfficerRoleProfiles>
- Club Support Manual
 - Advice sheets which explain key areas of Club administration, e.g. optimising Club structures, improving communication in the Club, recruiting volunteers, etc.
 - Access here - <https://learning.gaa.ie/ClubSupportManual>
- Club Planning Guide
 - An explanation of the process to develop a strategic plan for improving your Club over a 3 to 5 year period.
 - Access here - <https://learning.gaa.ie/ClubPlanning>
- IT Helpdesks
 - User guides and support service information for IT systems such as the Games Management System, Office 365 and the injury benefit fund.
 - Access here - <https://learning.gaa.ie/ITHelpdesks>



OFFICER DEVELOPMENT UPDATE

AS THE ENTIRE COUNTRY BEGINS TO ADJUST TO A VERY DIFFERENT NORMALITY, A SILVER LINING OF SORTS HAS EMERGED FOR COUNTY AND CLUB OFFICERS, WITHIN THE GAA AND ITS SISTER ASSOCIATIONS, THE LGFA AND THE CAMOGIE ASSOCIATION.

The Club Leadership Development Programme, responsible for coordinating Officer Training, had begun this year trialling two online-only modules (Club Officer Foundations & Leading Effective Meetings, accessible here - https://learning.gaa.ie/club_leadership) and by rolling out two modules via Remote Webinar only (Games Management System Training & Upholding Disciplinary Rules & Procedures).

While the lockdown came into effect towards the end of the traditional “hay-making” season for counties facilitating Officer training, the intervening weeks void of activity on the pitch has allowed for the rollout of multiple via Remote Webinar, and the demand and engagement is a testament to the appetite that exists for some GAA content, regardless of the guise in which it manifests itself.

To date, 4 modules have been held exclusively for Club Officers, including Club Governance, Finance & Governance for Club Treasurers & Club Strategic Planning. For County Officers, sessions on

introductions to Microsoft Teams, voting using Microsoft Forms and Fixtures’ Updates have been held. Both Club and County Officers attended workshops on Personal Wellbeing and Promoting Health & Wellness in their communities during this difficult time.

Plans remain afoot to continue to provide learning opportunities as long as demand exists, and we are open to suggestions from counties as always. Participants can find out about upcoming events (at club level) via the CLDP Calendar (<https://learning.gaa.ie/OfficerTrainingCalendar>), by following the GAA Learning twitter account (@GAALearning), or via their Club Secretary or County Development Officer, who will be notified of upcoming events.

Feedback has been generally very positive, but this method of delivery is still very new for everyone, so any constructive criticism is very much welcome. We encourage anyone who attended a recent webinar to leave feedback [here](#) and if officers had technical difficulties in accessing content, we’d love to hear from them [here](#).

Many of the webinars have been recorded and can be accessed on the GAA Learning YouTube account. Those that have not been shared on YouTube can be accessed by getting in touch with your County Development Officer, who can then make the request to the Officer Development team in Croke Park.



GUIDELINES FOR GAA CLUBS/UNITS UNDERTAKING DEVELOPMENT WORK DURING THE COVID 19 CRISIS

THE GOVERNMENTS ROADMAP FOR REOPENING SOCIETY AND BUSINESS OUTLINES THAT FROM MAY 18TH THAT WE CAN "RETURN TO OUTDOOR WORK". THIS IMPLIES THAT CONSTRUCTION AND PITCH DEVELOPMENT WORK CAN POSSIBLY BE UNDERTAKEN BY OUR CLUBS. IT IS ACKNOWLEDGED, THAT WHILST THE ASSOCIATION HAS STATED THAT GAA FACILITIES WOULD REMAIN CLOSED FOR THE TIME BEING, THAT CLUB OFFICERS ARE ANXIOUS TO USE THIS TIME TO UNDERTAKE NECESSARY WORK ON FACILITIES WHICH WILL IMPROVE THEM AND MAKE THEM BETTER FOR OUR MEMBERS.

In deciding on whether to start any the following guidelines should be adhered to:

(1) Financing of development works
Where developments and enhancements of facilities can be undertaken without recourse to borrowings, this is an ideal opportunity to undertake these works. However. Clubs should factor into their decision making that there may be very limited further income this year before using up cash balances on capital works or

maintenance. Clubs should be absolutely sure they have enough funding to see them through to 2021 before spending now.

Where borrowings are required Clubs are advised not to enter debt at the present time when the fundraising ability of our Clubs are reduced due to the Public Health restrictions. The current crisis has given rise to a very difficult financial situation for our units, and indeed the wider economy, whilst we are all anxious to develop our facilities, we should take a prudent approach in this regard.

It should be noted that loans already approved from the GAA Development Fund will remain in place until things return to normal.

Clubs should advise the Department of Sport (or other funders) where grants have been allocated that the project is being delayed due to the current restrictions. Clubs are advised that there will be no capital development grants available in 2020 but works undertaken will be considered for grant aid in future years.

(2) Insurance
As per the terms and conditions of the GAA Insurance policy all construction activities must be notified and agreed in advance with GAA Insurance Department or GAA Insurance Brokers Marsh Ireland. Failure to notify development works in advance will result in the development being uninsured when completed meaning GAA Property & Liability Insurance will not extend to development when completed. The requirements of The Association in relation to contractors undertaking construction work are as follows:

- Contractor to provide evidence of Public Liability insurance with a minimum limit of €6.5 Million
- Contractor to evidence of Employers Liability Insurance (if applicable) with a minimum limit of €13 Million
- Contractor to Provide evidence of Contractors All Risk Cover in place
- The limit of insurance on the Contractors All Risks policy must be equal or greater to that of the contract/ project.
- GAA club must be noted as Joint Insured in Contractors All Risk policy and are specifically indemnified (along

with The Association) under the Contractors Liability Policy.

- A copy of the contract to be provided to the GAA Risk & Insurance Manager/ Marsh Ire-land in advance of any works taking place
- Contractor must operate the site in full compliance with Construction Industry SOP for Covid-19 return to work and have completed a Covid-19 risk assessment.

(3) Health & Safety
All developments and enhancements of Club facilities must adhere to current Health, Safety and Welfare legislation, must comply with all relevant medical advice in relation to the safe operation of workplaces, take account of construction industry guidelines (i.e. Construction Industry Federation – C-19 Pandemic Standard Operating Procedures and Construction Employers Federation NI guidance) adhere to all relevant Covid-19 specific legislation including social distancing measures.

COISTE BAINISTÍOCHTA ENDORSES CHILD SAFEGUARDING POLICIES AND GOOD PRACTICES

GAA CHILD SAFEGUARDING POLICIES AND PRACTICES ARE ALWAYS UNDER REVIEW AND A RECENT MEETING OF COISTE BAINISTÍOCHTA (GAA NATIONAL MANAGEMENT COMMITTEE) HELD A DISCUSSION ON OUR CURRENT PRACTICES AND ALSO RECEIVED AN UPDATE ON THE SCOUTING IRELAND REPORT, COMMISSIONED TO INVESTIGATE ALLEGATIONS OF HISTORICAL ABUSE IN SCOUTING IN IRELAND.

While current safeguarding procedures in Scouting are acknowledged as being most comprehensive organisations working with children will find many learning outcomes worthy of consideration contained in the Scouting report.

All of us outside of Scouting who work with children will examine this report most closely and whatever learning outcomes identified, that can assist and improve our work in working with children and young people in the GAA will be applied by the National Child Safeguarding Committee.. In acknowledging our current Club and National Child Safeguarding measures, and having considered the Scouting report, Coiste Bainistíochta directed Clubs as follows:

- That all Clubs use this temporary downtime from games and other activities to ensure that those appointed to work with children on our behalf have fulfilled the Association's relevant child safeguarding requirements whereby

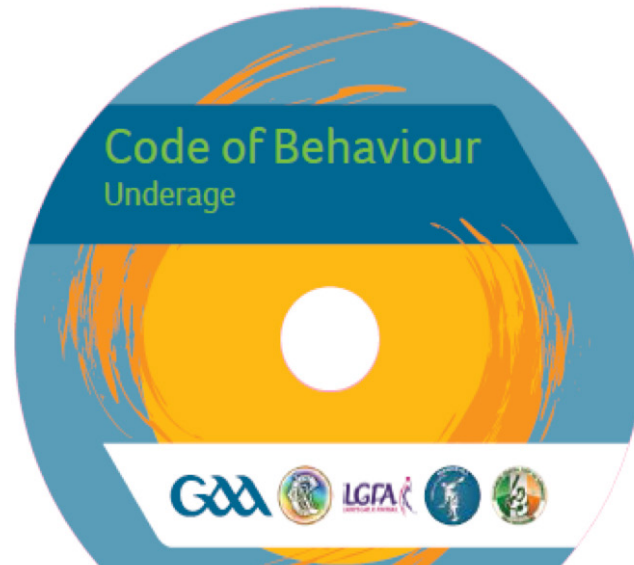
coaches of underage teams must have completed vetting, have attended child safeguarding training and have a coaching qualification, all of which can be now commenced online.

- In order to ensure that every Club has appointed a Club Designated Liaison Person (DLP) to assist with any allegations of abuse, (a statutory requirement), that Clubs shall, by 30 June 2020, inform their County Secretary as to who they have chosen to as their Club DLP, along with the person's contact details. A list of Club DLPs shall subsequently be published on gaa.ie with the provision of online training for those who have yet to attend the Designated Liaison Persons training programme.

The meeting reiterated that any concerns or allegation of abuse must be acted upon without delay by liaising and reporting such matters to the relevant statutory authority and to our respective Club and National Designated Liaison Persons who shall also assist this process if required. The GAA National Designated Liaison Person is Gearóid Ó Maoilmhichíl who may be contacted at nationaldlp@gaa.ie

Current child safeguarding services, including training, vetting and daily advice for our members continues to be available by contacting our National Children's Office at nationalchildrensoffice@gaa.ie or by telephoning (01) 836 3222.





Code of Behaviour (Underage)

The minimum level of child safeguarding practices required of those who work with children and young people in each of the Gaelic Games Association is outlined in our Code of Behaviour (Underage). The Code contains detailed guidance on Recruitment & Selection of Volunteers, the role of the Club Children's Officer, Guidance on Trips away from home, Social media guidance and information, how to address Bullying behaviour amongst young people and a comprehensive section on how Coaches, Parents, Players, Referees, Parents/Guardians and Supporters should maintain appropriate levels of behaviour in their work or when attending activities with children.

The Code of Behaviour (Underage) may be downloaded at <https://www.gaa.ie/api/pdfs/image/upload/ohl9oq3mbgtnoi6arn22.pdf>

Dealing with Breaches of the Code of Behaviour (Underage)

While the Code of Behaviour (Underage) outlines the standards of practice required of those participating in, attending and overseeing underage games and activities, it is also recognised that from time to time breaches of the Code will occur. To assist our Clubs in dealing with such instances the National Child Safeguarding Committee has published a document titled 'Dealing with Alleged Breaches of the Code of Behaviour (Underage)'. The document forms part of the overall Code and outlines the disciplinary procedures to be followed in the event of an alleged breach of the Code of Behaviour. It also outlines the level of sanction that may be imposed for any such breaches. The document link is <https://www.gaa.ie/api/pdfs/image/upload/vwghntg0z6cmao9twzcz.pdf>. Every Club must have a Code of Behaviour Hearings Committee in place to hear any cases of an alleged breach of the Code in their Club.

Guidance for Dealing with & Reporting Allegations or Concerns of Abuse

On 28 February last the GAA Congress launched a revised publication titled 'Guidance for Dealing with & Reporting Allegations or Concerns of Abuse'. This is an All-Ireland publication, subscribed to by each of the Gaelic Games Associations in which detailed direction is given on how to respond record and report any concerns of abuse to the relevant statutory authority and to the Designated Liaison Person in each of our Gaelic Games Associations.

Given the legal requirement that is on us all to be vigilant and to report any concerns of abuse this booklet is perhaps one of the most important safeguarding publications we have distributed in recent years.

The Guidance for Dealing with & Reporting Allegations or Concerns of Abuse may be accessed at <https://www.gaa.ie/api/pdfs/image/upload/n5hsvzyl3eb5kbrfbyfe.pdf>

CHILD SAFEGUARDING TRAINING NOW AVAILABLE ONLINE

The National Child Safeguarding Committee is pleased to announce that an initial panel of Tutors have completed their training and are now available to deliver the Gaelic Games Child Protection in Sport Awareness Workshop as a webinar online. Also known as the Safeguarding 1 workshop the online live version will be available from 1 June 2020. In the absence of face to face workshops, postponed as part of the Covid 19 restrictions, this initiative has already drawn a list of applicants, all of whom will now be invited to attend the live webinar training programme which holds the same level of accreditation as previous face to face workshops.

This initiative will greatly facilitate new coaches at underage level who are required to attend Safeguarding Training while our vetting services and the Foundation level training programme are also available online.

Our aim is to provide this training on an All-Ireland basis delivered where possible via a County by County series of training events. The online workshop will consist of 2 x 1.5 hrs. interactive sessions.

A number of face to face workshop were regrettably postponed since mid-March.

Those who were due to attend these workshops or others who wish to attend the New Online Safeguarding 1 workshop can receive updates as to when the online Safeguarding 1 webinar is taking place, please write to safeguardingonline@gaa.ie

Applicants will then receive updates as to when the safeguarding webinars are available and how to register for their chosen interactive Safeguarding 1 webinar.

The Child Safeguarding Committee will now expand the range of online Safeguarding training by developing the Designated Liaison Persons workshop and also the Children's Officer workshop as online webinars. All programmes will be delivered live and are of three hours duration through the delivery of 2 x 1.5 hrs. sessions.



GAA Child
Safeguarding

GAA
Learning

ESSENTIAL GROUND MAINTENANCE FOR GAELIC GROUNDS DURING COVID-19 OUTBREAK

Natural turf surfaces for Gaelic games – essential maintenance during COVID-19

In line with the GAA's return to action protocol it is recommended that club's continue to adhere to the current government advice and refrain from organising on-field activity which is likely to remain in place until 20th July at the earliest. Taking this in to consideration the maintenance of our pitches remains important so that they are of the highest standard when required for play. This also represents a potential opportunity to improve the quality of our fields. It is appreciated that many club's are facing financial challenges but the pitch is club's the biggest asset and should not be neglected as to do so can result in a significant deterioration which would demand greater investment in the future.

During maintenance it is important that both club's and contractors involved are fully aware of their obligations for the health, safety, and welfare of those involved during the current crisis.

Clubs are therefore encouraged to consult the latest advice from the Health Service Executive (Republic of Ireland) and from the Public Health authority (Northern Ireland).

April has been very dry, mild, and sunny, with rainfall below average across all parts of the country. Whilst air temperatures have been above average, there have been ground frosts recorded at a significant number of weather stations which has impacted upon spring growth. Sheltered, frost free sites will have seen more growth than those exposed to the harsher north to north easterlies that have been a prominent feature of the month. All of this will impact upon maintenance.



1. Grass Cutting

The resumption of natural growth will be site dependant, but all sites should have seen some growth by now. The sward should be kept topped to maintain good density (i.e. not allowed to grow excessively long). When cutting plan to remove no more than one third of the leaf area with each successive cut.

Mowing frequency will vary from site to site and depend upon growth rates, there is some agronomic benefit to reduce the mowing frequency or to allow the grass to grow a little longer than usual when the surface is not being prepared for play, striping for presentation is not a pre-requisite when not in use. Longer grass is less susceptible to drought stress and will develop a deeper root system. If allowed to grow too long it will set seed and become thin which will make it more difficult to bring the surface back in to a playable condition.

To return the surface to a playable condition, increase mowing frequency and gradually reduce the height of cut over a couple of weeks or three to four cuts.

Waste facilities may be closed so clipping disposal needs to be considered, if clippings are allowed fly, ensure that they are evenly dispersed, and clumping avoided.

2. Fertiliser

Grass will grow without the application of fertiliser, clay soils have a natural abundance of nutrient, sandy soils, or sand carpet pitches less so. Applications of nutrient will promote more growth which may be unnecessary as fields do not have to recover from wear when not in use. Only consider an application of nutrient when natural growth resumes and in showery conditions to avoid waste. Applied in dry conditions there is a risk of scorch. If rainfall does not occur within 24 hours of application, then it should be watered in.

Consider the amount of nitrogen applied to avoid excessive growth as this will increase the mowing demand.

3. Scarification

The requirement for scarification will be site specific depending upon the amount of organic matter and debris that exists at the turf base. Removing this helps to stimulate growth from the base of the sward and improve surface drainage rates.

Whilst many sportsground contractors have appropriate tractor mounted scarifiers, sweepers and collectors designed specifically for this task, spring tine rakes and a chain harrow can also be used to good effect on a limited budget. The objective is to pull out as much of the debris or weakly rooted plants at the base of the sward as possible and to stimulate sward regeneration.

4. Repairs

If there are thin or weak areas, they could be repaired with seed or turf. If seeding, form a seedbed by lightly loosening/ raking the surface. Seed can be broadcast and worked in to the surface by forking. Keep the surface damp to encourage germination and establishment. There will be enough nutrient within the seed for initial germination but thereafter some nutrient may be applied, taking care to avoid scorching the seedlings.

Turf may or may not be available from local suppliers and may have to be sourced on site. Any turfed areas will require regular (daily) irrigation/rainfall until the turf develops a decent root system.

A more general overseeding should be considered given the timeframe currently available, this presents a great opportunity to improve the density of the existing sward and its botanical composition. Use a seed mixture of two or three cultivars of perennial ryegrass only. The cultivars chosen should be highly rated in Table S1 of Turfgrass Seed 2020. Seeding rates will be dependent upon existing density but apply at a minimum of 200-250 kg/ha through a suitable mechanical seeder in two directions. If the ground is devoid of grass then the rate should be increased to 350-400 kg/ha.



5. Top Dressing

With the resumption of growth top dressing is useful particularly following scarification to improve surface levels and surface drainage. Often undertaken as part of a renovation programme, a lighter application of a sand dressing in the spring/early summer can be extremely valuable and should be made if finances allow.

A quality SportsTurf sand should be used, as a guide the following table provides some guidance on the depth of sand that would be expected to be achieved given the rate of application.

Rate of application	Approximate depth (mm)
10 tonnes/ha	0.6 mm
50 tonnes/ha	3.0 mm
100 tonnes/ha	6.0 mm

6. Aeration

The purpose of aeration is to relieve compaction that accrues due to usage. Compaction has a negative impact on pitch performance, it adversely affects the pitch's ability to drain effectively by inhibiting the movement of water as well as having a negative impact on the grass plants ability to function properly by hampering the movement of grass roots through the soil.

Localised hand forking to areas of high wear could be undertaken to help sward recovery from damage due to pitch activity or wear.

Overall deep aeration in the form of Verti-Draining is one of the most effective aeration techniques and more soil loosening may be possible when the field is out of play for a prolonged period. If soil conditions permit, then deep aeration should be completed.

7. Weed Control

This would only be contemplated when the sward is actively growing, normally during the period of May to September and when the grass is not subject to drought. Avoid herbicide applications when there are young seedlings within the sward as these will be more susceptible to damage from the herbicide. Occasional weeds can be tolerated or removed by hand, otherwise spot treatment or an overall application of herbicide might have to be planned for.

8. Machinery and Equipment Maintenance

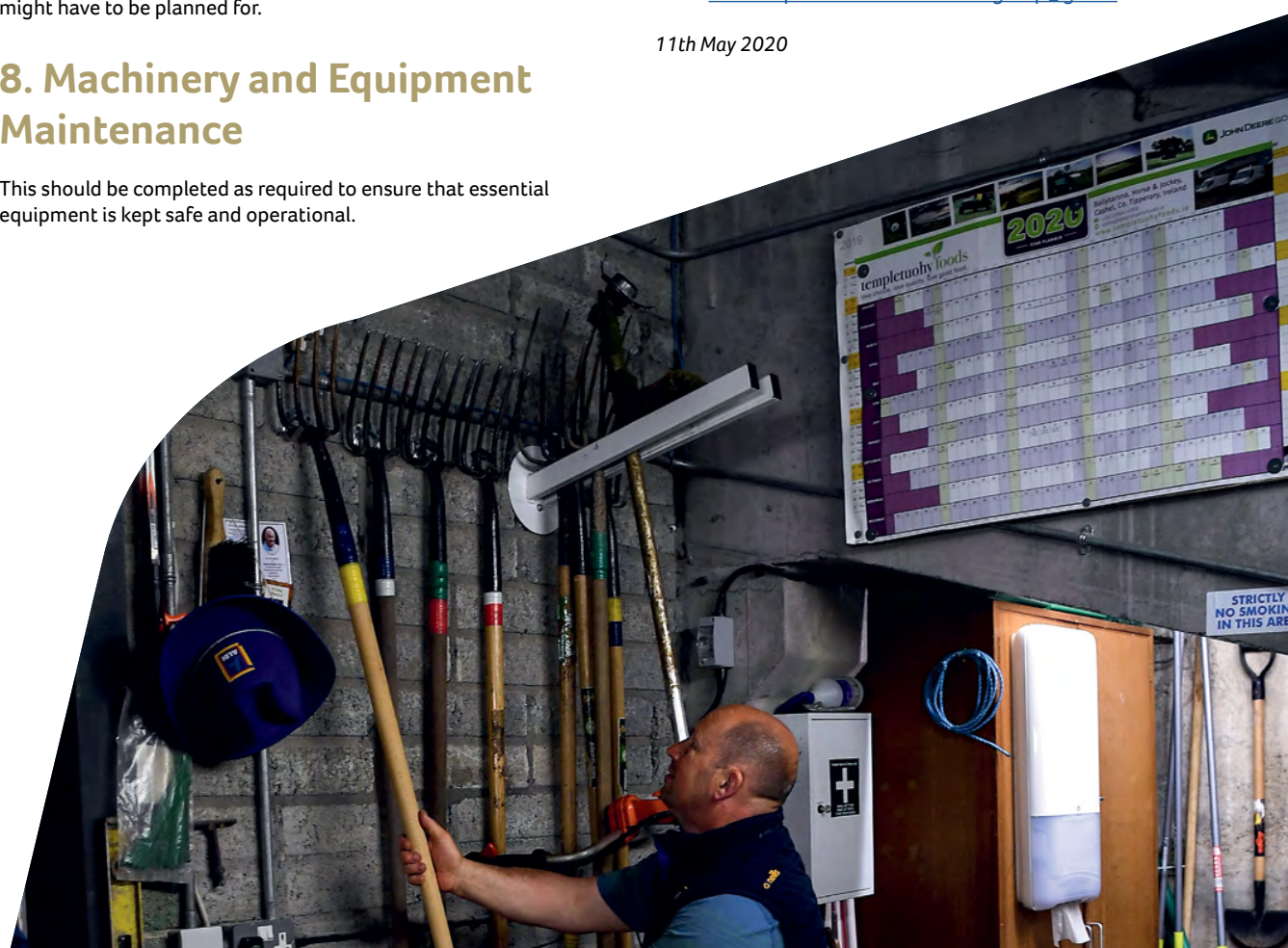
This should be completed as required to ensure that essential equipment is kept safe and operational.

Given the ever-changing situation there may be a requirement to review, update and reissue this guidance. This guidance is of a general nature but should any club which to discuss their requirements and site-specific approach in more detail then please contact the National Pitch Maintenance Workgroup.

Version 2.
National Pitch Maintenance Workgroup –

Email nationalpitchmaintenanceworkgroup@gaa.ie

11th May 2020





Football

Hurling

Club

General

MÍLE BUÍOCHAS

Thank you to all of those who have contributed to this month's edition of the GAA Club Newsletter. Your feedback is welcome and any comments, suggestions or queries should be directed to clubnewsletter@gaa.ie.

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