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# CLUBS URGED TO COME OUT AND CELEBRATE GAELIC SUNDAY CENTENARY



execution of the leaders of the Easter Rising only two years earlier.

There was great frustration on behalf of the British authorities at this opposition and, sensing a growth in hostility and a rise in nationalist fervor, they looked at what might be helping to cause it.

The GAA and its followers were identified as being among the causes of their difficulties. As a result, efforts were made to frustrate the GAA at every turn. Excursion trains to big matches were prevented from happening and the GAA was forced to apply for a license for every match they held.

This, the GAA frankly refused to do. The issue came to a head on July 9th when an Ulster championship match was prevented from taking place in Cootehill by a huge RIC presence, who surrounded the field, preventing entry. It was agreed by the GAA after this and other provocative encounters between players and the authorities to hold a GAA club match in every parish in Ireland at precisely the same time- 3 pm on Sunday August 4.

The protest was far more successful than could ever have been imagined and an estimated 54,000 players played a match with over 100,000 watching across the entire island. Every parish was involved and matches were, in many cases, held at venues never before nor since used for the purpose.



It all ran entirely without major incident and forced the abandonment of the requirement to seek a license to play a GAA match. This event, more than any other, galvanised the GAA as a major cultural and social force and is one of the key foundation stones of what is the most successful amateur sports organisation in the world today. It became known as Gaelic Sunday.

This year, August 4 is on Saturday, on a weekend when there will be major GAA activities as All Ireland Quarter Finals involving the four provincial football winners will take place.

The GAA will call on clubs in every county to organise and take part in an activity that celebrates the GAA and celebrates their place

in their community – just as Gaelic Sunday did 100 years ago.

For every club, this can be a 'Lá na gClub', when internal club games can be played, people can play or support in clothing reminiscent of the period. Clubs who played against each other 100 years ago, or clubs from the areas where defunct clubs once existed can play each other in challenge games.

A 'Museum Day' can be held in clubs, where people can bring along old medals, trophies, match programmes, newspaper cuttings, photos or playing equipment for others to see. A club 'fun day' could be organised, even as a fundraiser.

More details to follow in the weeks ahead.

**The GAA is planning a major festival of club activity to mark the Centenary of Gaelic Sunday on the weekend of August 4/5.**

Details will be sent out in the coming weeks with a call to action for clubs in every county to get involved in this most special GAA anniversary.

Gaelic Sunday as it became known, took place on August 4, 1918 and was possibly the most successful peaceful protest ever held anywhere in the first half of the 20th century.

In 1918, the British authorities in Ireland had tried to impose conscription to supplement the war effort as hostilities in Europe were coming to a crescendo. There was massive opposition to this in Ireland, particularly following the

# NEW DATA PROTECTION LAWS AND THE IMPACT ON THE GAA

**T**here are some significant changes to Data Protection legislation from May 25th 2018.

**The General Data Protection Regulation (GDPR) and the Irish Data Protection Act 2018 will have an impact on how the GAA, at all levels, engages with its members.**

**It is important that every GAA Club, and indeed every member, is aware of how these changes in the law will affect the ways in which members' personal information can be collected and used for GAA Purposes.**

## What is Data Protection?

Data Protection legislation is intended to protect the right to privacy of individuals and seeks to ensure that Personal Information is used appropriately by organisations that may have it (Data Controllers/Data Processors). Data Protection relates to any information that can be used to identify a living person such as:

- Name
- Date of Birth
- Address
- Phone Number
- Email address
- Membership Number
- IP Address
- Photographs or video clips etc

There are other categories of information defined as Special Categories of Personal Data which require more stringent measures of protection and these include: Racial or ethnic origin Political opinions Religious or philosophical beliefs Trade union membership Processing of genetic data

Biometric data for the purpose of uniquely identifying a natural person Data concerning health Data concerning a natural person's sex life or sexual orientation.

Children's data and data relating to criminal convictions or offences also require more stringent levels of protection.

## What is GDPR?

The General Data Protection Regulation (GDPR) is new EU legislation that comes into effect on May 25th 2018. It very clearly sets out the ways in which the privacy rights of every EU citizen must be protected and the ways in which a person's 'Personal Data' can and can't be used. It places the onus on the person or entity that uses a person's information (Data Controller/Data Processor) to comply with the legislation and to demonstrate compliance.

## What does Data Protection Legislation mean for me?

The legislation sets out rules about how this information (Personal Data) can be obtained, how it can be used and how it is stored. Every person must give their consent for their data to be collected and processed for a specific purpose which must be communicated to them at the time the data is obtained. Data must be kept safe and secure and must be kept accurate and up to date. An Individual can request a copy of all of the personal information held about them (this is called a Subject Access Request) and must be allowed to have all of their data deleted or returned to them, if they so wish.

Seven Principles of GDPR

1. Lawfulness, Fairness, Transparency
2. Purpose Limitation (Use only for one or more specified purposes)
3. Data Minimisation (Collect only the amount of data required for the specified purpose(s))
4. Accuracy (Ensure data is kept up to date, accurate and complete)
5. Storage Limitation (Kept for no longer than necessary for the specified purpose(s))
6. Integrity and Confidentiality (Processed ensuring appropriate security of data)
7. Accountability (Essential not only to be compliant, but to be able to demonstrate compliance)

## Penalties for Non-Compliance

Fines can be imposed on organisations found to be in breach of GDPR. The level of the fines depend on the subject matter and gravity of the breach with maximum fines resting at €20 million/4% of global annual turnover (whichever is higher). Of potentially more importance to GAA Clubs, individuals have the right to sue organisations for misuse of their Personal Data under the GDPR. Therefore it is imperative to communicate with individuals in a timely manner in relation to their Personal Data, e.g. responding to Subject Access Requests within the allotted timeframe. The Office of the Data Protection Commissioner can order organisations to cease processing Personal Data if the organisation is misusing individuals' information.

## What do clubs need to do?

**It is imperative that every GAA club understands the principles of Data Protection and how the upcoming changes in legislation**



**will affect them. The following are key steps clubs should take.**

## Awareness

GDPR will benefit all of us, it will ensure that our Personal Information is protected from misuse by any organisation. It will also ensure that, as a Data Controller, each GAA Club, County or Provincial Board will be accountable for how it collects, uses and stores information about the GAA members under their remit. It is critically important that every member is aware of the changes that GDPR will bring and how that impacts them, either as a volunteer working on behalf of the club or as an individual Club Member. This awareness will also benefit all of us in our personal lives as GDPR also relates to Banks, Insurance Companies, Utility providers, On-line Marketing etc. Clubs should ensure that information relating to GDPR is made available to Committee Members, Club Members, Coaches, Volunteers or anyone who is in anyway involved



with the Club. Information regarding Data Protection can be found on the GAA website: <http://www.gaa.ie/dataprotection>

**Clear Communication**

It is required that individuals are made aware of certain information such as why their data is being collected and who will have access to it, before their data is obtained. Under existing Data Protection law, it has always been a requirement to provide some of this information to individuals. GDPR builds on this requirement and expands the information that must be given to Individuals in advance of collecting and using their data. Existing membership forms, and other forms used to collect data (e.g. Garda Vetting) must be updated to specifically tell individuals the following:

- The Clubs identity
- The reasons for collecting the information
- The uses it will be put to
- Who it will be shared with (e.g. third parties)
- If it is going to be transferred outside the EU
- The legal basis for processing the information
- How long it will be retained for
- The right of members to complain if they are unhappy with the club's implementation of GDPR
- Other specific personal privacy rights relevant under GDPR (outlined in next section)
- The GAA centrally has obtained legal advice and the Official Membership Forms in the Official Guide are GDPR compliant. These can be downloaded from the GAA website

**Ensure Personal Privacy rights**

GDPR enshrines certain rights for individuals that must be supported by every organisation involved in the processing of Personal Data, including GAA Clubs. These rights include:

- Access to information held about them

(Subject Access Request)

- To have inaccuracies corrected
- To have information erased in certain circumstances
- To object to direct marketing
- To restrict processing of their information including automated decision making
- Data portability - Ability to receive all of their information in a standard format to move to another provider (i.e. to switch utility provider)

**What Supports are available**

*On-line Materials* Information relating to Data Protection and GDPR is available on the Data Protection Commissioner's website at the following URL: <http://www.dataprotection.ie> Additional information and how data protection specifically impacts on the GAA and supporting templates, forms and process documentation is available on the GAA website [www.gaa.ie/dataprotection](http://www.gaa.ie/dataprotection). This information is also shared via OneDrive with all Club Officers who use their GAA Office 365 accounts. Guidance on how to access OneDrive is included later in this document.

*Data Protection Officer* The GAA have provided access to a Data Protection Officer to all Clubs. Any questions, queries or issues in relation to Data Protection should be emailed to [dataprotection@gaa.ie](mailto:dataprotection@gaa.ie).

*Training* Data Protection Seminars for Clubs have been held in Croke Park and in each province going through the topic in detail. A range of materials (including Processes and templates) were provided to Clubs at those meetings. These materials can be accessed at [www.gaa.ie/dataprotection](http://www.gaa.ie/dataprotection) and on the OneDrive GDPR Repository for Clubs. Further training is planned and will be communicated through the GAA Club Newsletter. An online module to train

club administrators, registrars, club executive committee and members is available at: [http://learning.gaa.ie/courses/dataprotection/story\\_html5.html](http://learning.gaa.ie/courses/dataprotection/story_html5.html)

**Obtaining Consent to contact your members It is important that your club members'**

preferences regarding Communications are respected. They must give their consent, by ticking a relevant consent box, before being added to the club's communication lists. This consent should be recorded during the Annual Club Membership process and it is necessary to 'refresh' consent at least every two years – having a signed form with the relevant boxes ticked from five years ago is not sufficient.

**Paper Membership Forms**

If your club uses Paper Membership Forms, you must use the format provided in the GAA Official Guide which includes the relevant consent options and the correct Privacy Notices and other Data Protection relevant clauses. Using this form will allow your club to capture consent in the correct manner. It is obviously critically important that the wishes expressed by your members on their completed forms are reflected in your club's communications – if someone does not give their consent to receive communications, you MUST not include them in emails, text or other message distribution lists.

**On-line membership**

Many clubs choose to offer their members the option to complete their membership

subscription using online tools. This is perfectly fine under GDPR as long as the appropriate information is provided to your members during the process. The correct Privacy Notices must be displayed and consent must be captured correctly. Any consent options cannot be pre-ticked and membership cannot be conditional on providing consent to receive 'marketing' emails. As is the case with paper forms, it is critical that the wishes expressed by your members on their completed forms are reflected in your clubs communications – if someone does not give their consent to receive communications, you MUST not include them in emails, text or other message distribution lists.

**Managing Consent**

Once a member provides their consent it must be managed appropriately. It must be easy for them to decide to opt-out of receiving communications and they must be given the opportunity to 'refresh' their consent regularly. In the GAA, members must be given the opportunity to refresh their consent at least every two years. This means that they must sign a new paper form at least every two years or, if registering on-line, must be given the opportunity to change their consent if they wish.

Communications issued should include an opt-out option and, again, changes to preferences expressed by members through these opt-out mechanisms must be reflected in your club's distribution lists.

I have read the important Data Protection information on the reverse of this form and have given my consent, by ticking the boxes and signing below, for my information to be used as follows:  
(Please tick as appropriate)

(1) To provide me with updates regarding Club activities such as matches, meetings and club events

(2) To provide me with details of Club fundraising activities including Lotto, social occasions, ticket sales etc

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Earn points  
going to the  
games you love  
and redeem  
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# DERMOT EARLEY YOUTH LEADERSHIP INITIATIVE CONTINUES TO INSPIRE NEXT GENERATION

**O**n the same year as Dermot Earley Senior would have turned 70 years of age, nearly 400 people gathered together in Croke Park on Saturday, May 26th to celebrate his great legacy.

The Dermot Earley Youth Leadership Initiative (DEYLI), delivered in partnership with Foróige and NUIG, seeks to empower GAA members aged 15 to 18 years-old to make a positive difference in their club, county, and communities through values-based leadership.

On Saturday May 26, 166 young men and women from clubs across nine counties (Mayo, Roscommon, Galway, Kildare, Offaly, Dublin, Antrim, Donegal and Monaghan) received a certificate from Uachtarán Cuman Lúthchleas Geal, John Horan, to mark their completion of modules one and two of the programme. Of these 82 are scheduled to complete module three, graduating from NUIG with a Level 6 Certificate in Youth Leadership and Community Action in October.

Five young leaders shared their experiences of the programme, with the assembled family and friends: Cera Kenny (Naas GAA Club, Kildare), Ciaran Harkin (Annaghdown GAA Club, Galway), Cormac Henry (Mayo Gaels GAA Club, Mayo), John Higgins (St. Brigids, GAA Club, Antrim) and Molly Dempsey (Raheny GAA Club, Dublin). They recalled how the programme has transformed them from shy, quiet, teenagers to people who now possess the skills and

confidence to take on responsibilities within their local GAA club and community. They spoke on how they have learnt leadership and life skills such as communication, goal setting, self-awareness and reflection; how they have the wherewithal to break down challenges when they arise, building resilience in the process. Most of all they highlighted the connections and friendships they have made along the way. Helping to guide their nine-month journey through this exploration of leadership were a troupe of facilitators volunteers from within the GAA and Foróige, each of whom completed a four-day Diploma in Training and Education delivered by NUIG and Foróige. On the day all tutors were recognised for their time and commitment to the programme and provided with certificate from NUIG's Registrar Pol O' Dochartaigh.

The Earley family were represented on the day by Dermot's wife, Mary, and their children, Dermot Jr, Anne-Marie, Noelle and Paula, including some of the extended Earley family. Dermot Jr, a former Kildare inter-county All Star, said: "My father was passionate about enabling young people to achieve their full potential. On behalf of the Earley family we are delighted to give our support to this initiative and look forward to the positive influence these young leaders will have on their GAA clubs, their communities and beyond."

An Uachtarán CLG, John Horan, said: "The Association and the Irish nation are built on



the shoulders of our great leaders of the past, such as Dermot Earley senior. The GAA's future and the communities we serve will be built on the leadership of these young men and women. I want to acknowledge the NUIG's contribution in providing a tangible academic recognition for the work the facilitators and the participants are putting into this exciting programme and Foróige for their exceptional programme content and support."

Stacey Cahill, GAA National Co-ordinator said: "I want to thank our troupe of tutors, from the

GAA and Foróige, for giving so freely of their time as volunteers and making this programme come to life for members from 200 clubs across nine counties. Since its inception we have equipped over 400 young people across the country with essential leadership skills to enable them to reach their full potential."

For more information on the Dermot Earley Youth Leadership Initiative please contact

Stacey Cahill on [stacey.cahill@gaa.ie](mailto:stacey.cahill@gaa.ie) or 01 8192387.

# GAA SUMMER SCHOOL 2018 TO FOCUS ON THE LEGEND OF SAM MAGUIRE

**T**he summer of 2018 marks the 90th Anniversary of the Sam Maguire Cup being first presented to the winners of the All-Ireland senior football championship. The one-day seminar will feature talks exploring the topic of Sam Maguire – The Man and the Trophy.

A range of distinguished speakers from academic and museum backgrounds will form the line-up for a fascinating day of talks and insights into the man after whom the GAA's most iconic trophy is named. The full programme for the day is as follows:

- 10.00 – 10.15: Official Opening with Uachtarán CLG John Horan
- 10.15 – 11.00: Sam Maguire's Ireland, 1877 – 1926 (Dr. William Murphy)
- 11.00 – 11.45: Sam Maguire's GAA, 1884 – 1926 (Dr. Richard McElligott)
- 11.45 – 12.30: Cork days, London nights: the lives, and afterlives, of Sam Maguire (Dr. Darragh Gannon)

- 12.30 – 14.00: Lunch
- 14.00 – 14.45: The Design Origins of the Sam Maguire Cup (Maevé Sikora)
- 14.45 – 15.30: The Sam Maguire Trophy (Humphrey Kelleher)
- 15.30 – 16.15: Photo opportunity with original Sam Maguire Cup

Attendees will have a unique opportunity get close to the original cup that was retired in 1987 and is now on permanent display in the GAA Museum.

Admission price will include tea/coffee on arrival, lunch in Croke Park and admission to the GAA Museum on Saturday 30th June and a unique photo opportunity with the original Sam Maguire Cup.

## LINK TO TICKET SALES

<https://www.ticketweb.ie/event/gaa-museum-summer-school-2018-gaa-museum-tickets/8377245?pl=GAAMuseumP>



# WIN €1,500 WORTH OF GAA EQUIPMENT FOR YOUR CLUB

**The Beko Leinster GAA Club Bua Award scheme is back in 2018 with thousands of Euro on offer for GAA clubs across all 12 counties.**

Bua is the Gaelige for Win and to win consistently on the field a Club must be able to win off the field too.

The Bua Award is a benchmark for Clubs to carry out a self-assessment to see if they are meeting or aspiring to the criteria necessary to not only receive special recognition, but also maximise their potential promoting Gaelic games in their locality.

By participating in the Bua Award programme, Clubs are encouraged to identify areas where they currently excel and meet targets but also recognise important areas they may need to address.

Following their application and assessment by Leinster GAA, Clubs will be entered into a draw held in each county and be one of several successful Clubs to win a consignment of playing equipment to acknowledge their level of excellence.

There's more than €50,000 in equipment to be given away to successful Clubs. Draws will be made in June, July and September. First closing date for entry is June 11.

All of those who enter the Bua Award programme will also be entered into a draw for a home appliance from our sponsors Beko.

The aim of this scheme is to not only identify and reward excellence but also offer a pathway for other clubs to set themselves realistic targets so that they too can be recognised for performing to high standards.

For details simply log on to [leinstergaa.ie/club-bua](http://leinstergaa.ie/club-bua)





## TURAS; A WORK IN PROGRESS

**T**he idea that the Leinster Football Championship is already a foregone conclusion is probably regarded as fact rather than conjecture by most football supporters in the province.

Dublin have won the last seven Leinster titles in-a-row and 12 of the last 13, so that attitude is hardly surprising.

If anything, Dublin's dominance has become more and more pronounced.

Here's a sobering statistic - they've won the last four Leinster finals by an average margin of 13 points each.

Their reign of power is no happy accident. It's well established that they are reaping the rewards of sustained and significant investment into the coaching and games development structures in the county.

Could this blueprint for success work elsewhere? Leinster GAA hope it can, and for the past couple of years they've been busy implementing it in other counties across the province.

The 'East Leinster Project' has involved an investment of €1.5 million for an initial three years in Louth, Meath, Kildare, Wicklow, and Wexford that has funded an influx of Games Promotion Officers into those counties.

"It very much focuses on urban areas, the

commuter belt," says Leinster GAA Games Development Manager, James Devane.

"We're basically trying to put staff in where you've got primary schools with a lot of kids, big population bases, and clubs who have an extra workload because of that.

"You could have clubs like Ratoath, Bray, Dunboyne, Maynooth, and Celbridge and they might have eight, nine, ten primary schools feeding into them.

"It has proved a more difficult task to recruit these kids for a variety of reasons, so we've put full-time people in the schools to coach Monday to Friday to recruit players and then get them up to the clubs at weekends and midweek.

"The GPO goes to the school and gets them into the club and the kid sees the GPO there at the club as well.

"Added to that, a big focus of our new staff is to develop coaches as well so that it's more sustainable down the line and we are seeing green shoots already. Their job is not to replace the volunteer but to support them."

The financial investment has enabled a county like Meath to completely overhaul their underage coaching structures.

In the space of a year their coaching and games development staff has jumped from seven to 17, and already the impact of those much

greater resources is being felt in schools and clubs across the county.

Former Meath footballer, Jamie Queeney, is the county's Games Development Manager and is enthused by what he sees as an important step in the right direction.

But he knows too that this is a long-term project that won't have a significant impact at senior intercounty level in the short-term.

"Look, it's a numbers game," said Queeney. "The more players you have the more the clubs will bring through from minor up to U20, up to senior.

"That's obviously then going to have a knock-on effect for our senior intercounty team.

"I'm under no illusion, and I'm sure no-one else is, but that this is a long-term project. I'd imagine Dublin's project took ten-years plus before it had an impact on their seniors.

"People talk about Dublin and the great success they've had in the last few years and it has been great, but they were very unpredictable for the previous 20 years.

"It's not something you can take your eye off the ball. We know this will take ten years before we probably see the rewards of it.

"We've got great people there and the right structures in place, so we're hoping that if we can carry it on that will reap rewards in the future."



Dublin's superior coaching infrastructure isn't the only advantage they've enjoyed over their provincial rivals in recent years.

Their large number of clubs and often multiple teams within those clubs has allowed them to organise a bigger programme of competitive matches at underage level than smaller counties who have fewer clubs.

To help address this imbalance, Leinster GAA has established a pioneering cross-county inter-club competition at U13 and U15 level that has now been running for two years.

Another Leinster GAA initiative has been to establish the TURAS coach developer programme which aims to upskill coaches who work with club, school and county talent academy squads. This programme will see all Leinster Coaching & Games staff assist coaches deliver age appropriate coaching in a more informal manner than traditional coach education courses.

Another Leinster GAA initiative has been to establish the TURAS programme which aims to upskill coaches who work with county academy squads.

'Turas' is the Irish word for journey. Dublin's football rivals certainly have one to travel to catch up with the undisputed kings of the province, but it looks like that now at least they're on the road to doing so.

For further information on Leinster GAA Games Development, email

[james.devane.leinster@gaa.ie](mailto:james.devane.leinster@gaa.ie)

# NATIONAL HURLING DEVELOPMENT PROVINCIAL COACHING WORKSHOPS 2018

## Venues & Dates:

### June 9th. St. Kieran's College, Kilkenny

Registration: 10.30 a.m. Workshop: 11.00 – 01.20 p.m. Lunch 01.30 p.m.

### July 7th. Mallow GAA Centre, Co. Cork

Registration: 10.30 a.m. Workshop: 11.00 – 01.20 p.m. Lunch 01.30 p.m.

### August 11th. Derry Centre of Excellence, Owenbeg, Dungiven, Co. Derry

Registration: 11.30 a.m. Workshop: 12.00 – 02.20 p.m. Lunch 02.30 p.m.

### October 20th. Connacht Centre of Excellence, Ballyhaunis, Co. Mayo

Registration: 10.30 a.m. Workshop: 11.00 – 01.20 p.m. Lunch 01.30 p.m.

## Format:

Practical station based workshop with participants rotating to each station.

**Target audience – Youth – Adult Coaches**

## Workshop Theme – Building the Essentials into Every Training Session:

To include -

- Goalkeeping
- Catching & Striking
- Hooking & Blocking
- Rising & Hand passing
- Defending
- Attacking

## Coaches:

Lead coaches at each station will be former inter county stars supported by local full time GAA coaching officers.

## Bookings:

<http://learning.gaa.ie/hurlingworkshops>

Early booking advisable as places are limited

## Enquiries:

All enquiries to Martin Fogarty.

## Email:

[martin.fogarty@gaa.ie](mailto:martin.fogarty@gaa.ie)

## Registration:

€20 (includes lunch)



# GET IT INTO YOUR HEAD – CONCUSSION IS SERIOUS!

**T**he GAA has recently published updated Concussion Management Guidelines. The key message of the guidelines remains– **When In Doubt, Sit It Out. If there are any signs leading to the suspicion of concussion, a player should be removed immediately from the field of play pending a full medical assessment and should not return to play on the same day.**

## Summary principles of GAA Concussion Management Guidelines

Concussion is a brain injury that needs to be taken seriously to protect the short and long-term health and welfare of all players.

If there are any signs leading to the suspicion of concussion, a player should be removed immediately from the field of play pending a full medical assessment (the impact itself may on occasion be considered an indicator even in the absence of any immediate symptoms). A player suspected of sustaining/having sustained a concussion should not return to play on the same day. Subsequently a satisfactory, supervised return to play protocol must be completed, followed by medical approval, prior to return to play. **If In Doubt, Sit Them Out.**

Where a Team Doctor is present, he must advise the person in charge of the team (i.e. Team Manager) in this regard and the player must not be allowed to continue his participation in the game.

Concussion diagnosis is a clinical judgement – Use of the SCAT 5 can aid the doctor in his/her diagnosis. If a full SCAT 5 assessment has been deemed necessary the player should not return to play on the day. Concussion is an evolving injury. It is important to monitor the player after the injury for 24-48 hours.

Adult players suspected of having a concussion, must have adequate rest of at least 24 - 48 hours and then must follow a gradual return to play (GRTP) protocol. Players must receive written medical clearance (from a doctor) and present to the person in charge of the team before returning to full contact training. Adult players should not return to full contact training/matches for at least 1 week from when the injury has first been diagnosed. (The GRTP should take at least 7 days for adult players)

Players under the age of 18 suspected of having a concussion must rest for a minimum of 48 hours and then must follow a GRTP protocol. Players must receive written medical clearance from a doctor) and present to the person in charge of the team before returning to full contact training. Players under the age of 18 should not return to full contact training/matches for at least 2 weeks from when the injury has first been diagnosed. (It is recommended that the GRTP should take at least 14 days for players under the age of 18.)

A graduated return to school/education

strategy is also necessary. Communication between the doctor, parents and teachers is essential so that a flexible individualised plan allowing incremental progression from daily activities, school activities, return to school part time and return to school full time be implemented. No player should return to competitive sporting activity prior to being cleared to return to school.

The vast majority of players can be managed locally by a doctor with the necessary skillsets, for example Team Doctor, GP, or Sports Medicine Doctor.

A minority of players with prolonged symptoms (greater than 4 weeks for under-18s or greater than 10-14 days for adult players, players with recurrent injuries or experiencing educational difficulties) should be referred to an appropriate specialist or multidisciplinary clinic.

All coaches should be made aware by players and/or parents if a player under their care has received a concussion in another sport/event.

In children and adolescents, there is a risk of catastrophic injury from second impact syndrome if players are returned to play before they are recovered from concussion.

The full guidelines are available at <http://learning.gaa.ie/sites/default/files/GAA%20Concussion%20Management%20Guidelines%20February%202018.pdf>

Further information and resources on concussion are available on <http://learning.gaa.ie/Concussion>

Further player welfare resources are available via the GAA Learning App and <http://learning.gaa.ie/player>

## CONCUSSION



### NOT ALWAYS A KNOCK-OUT!

#### ACTION PLAN

**R**ecognise *the signs and symptoms*  
**R**eport *if suspicious, don't hide it*  
**R**ehab *with rest and medical guidance*  
**R**eturn *after following Return To Play Protocol and getting medical clearance*

#### SYMPTOMS

- Headache
- Confusion
- Nausea
- Dizziness
- Double/Blurry Vision
- Sensitivity to Light
- Feeling Hazy or Groggy
- Just not 'feeling right'
- Memory Problems
- Pressure in Head

For the Return to Play Protocol and further information on Concussion see [learning.gaa.ie/Concussion](http://learning.gaa.ie/Concussion)

**IF IN DOUBT, SIT THEM OUT!!!**

# INTRODUCING THE NEW GAA LEARNING APP

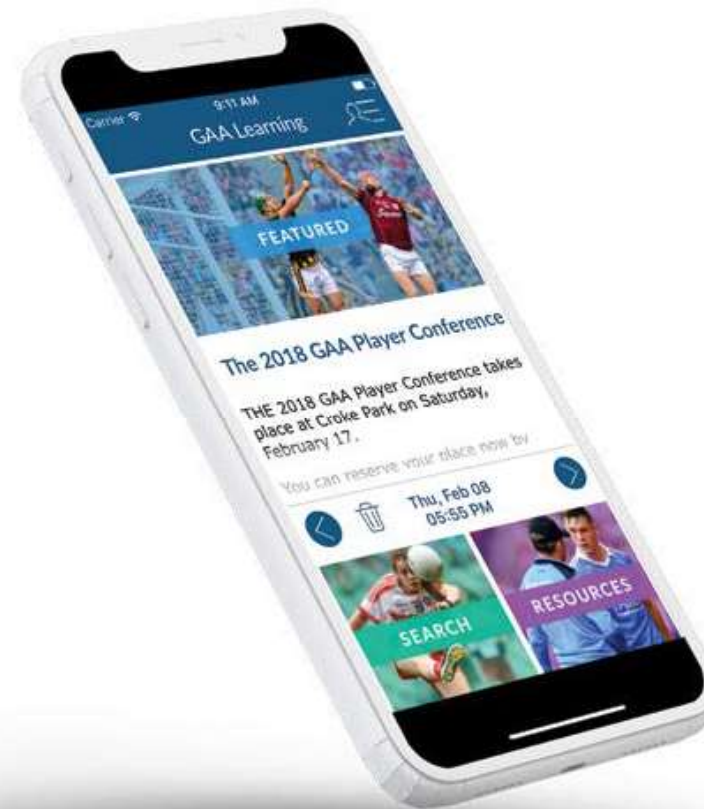
**T**he first GAA Player Conference also sees the launch of the GAA Learning App. Available now through the App Store and Google Play, the GAA Learning App has been developed to provide better access to key resources for GAA members and those actively promoting Gaelic games.

Whether you are a player, coach, administrator or referee the GAA Learning App will allow you to access the most up-to-date content from the GAA Learning & Development Portal ([learning.gaa.ie](http://learning.gaa.ie)) and its various Youtube, Twitter and Facebook channels.

The App will allow users to register for the particular content relevant to their role(s) and will allow us to send important policy and resource updates straight to your phone.

Built with you in mind the GAA Learning App is available for all Apple and Android devices, including mobile and tablet devices [recent operating systems required].

Designed to be intuitive and easy-to-use, the App will also provide users with the opportunity to access resources from our various, Coach, Administrator, Referee and Player Education Programmes.



***Download now to stay ahead of the game!***

# GAA SUPPORTING THE RNLI 'RESPECT THE WATER' CAMPAIGN

**M**any of you will be familiar with the GAA's Healthy Club project which aims to transform GAA clubs into health-enhancing hubs for their communities. A major part of the success of this project has been working with partner organisations in specialist areas, dealing with a range of social issues affecting community's right across Ireland.

One of these partner organisations is the RNLI, an organisation that operates a volunteer-led lifeboat search and rescue service in Ireland and Britain, at sea and on inland waters and who save lives through action and their drowning prevention work.

The charity's 'Respect the Water' programme gives life-saving advice and information to people who never thought they would be at risk of drowning, in a way they can relate to and that is easy to understand and pass on to others.

Every year people are losing their lives to drowning and the GAA community has not been left untouched by this.

## So what is happening?

The RNLI would like to deliver safety talks to minor and senior teams at GAA clubs in their local communities so they can understand the risks of drowning and how simple action can save lives.

## Why are the RNLI specifically targeting male minor and senior teams?

Current drowning figures show a clear

gender divide, with men accounting for over two-thirds of those who lose their lives through drowning. The campaign is primarily aimed at men, particularly those aged between 16 and 39 years, who are more likely to take risks. However, the safety advice is relevant for anyone and the RNLI Ambassadors are willing to speak to members of all ages, both male and female.

## Will it need much support or time?

Not at all. The RNLI's team of volunteers are specially trained and are GAA supporters themselves. They attended Croke Park to receive their training and have short presentations (approximately half an hour) that they can deliver locally. All they need is a contact person and a time that suits and they will do the rest.

## What can you do to help?

If you are near the coast or an RNLI lifeboat station then you may get a call from one of the RNLI volunteers offering a talk and you will know what to expect. If you would like to get a visit arranged you can contact the RNLI directly at their Irish Head Office and speak to Susan on Tel: 01-8900 460 or email [Susan.Carthy@rnli.org.uk](mailto:Susan.Carthy@rnli.org.uk)

Again, we know there are a lot of asks on clubs and the Healthy Club project deals with many important issues. The RNLI has worked with the GAA to make this programme relevant to young people who lead busy and active lives. These are the people we need to reach with this message and ultimately a short presentation could save a life at your club.



The RNLI volunteers held a major awareness day at the 2017 All-Ireland SFC semi-final between Mayo and Kerry at Croke Park



8 March 2017; The RNLI and the GAA have announced a major partnership aimed at reducing the number of people who lose their lives through drowning in Ireland. The lifeboat charity and the sporting organisation will work with clubs and communities to provide information and support through the 'Respect the Water' campaign, which will run throughout the summer. The partnership will be supported through the GAA's Healthy Clubs initiative. There are 333 GAA clubs in 10km radius of the 46 RNLI lifeboat stations in Ireland. Pictured are, from left, Cork footballer Brian Hurley, Dublin ladies footballer Lyndsey Davey, Kerry footballer Killian Young, broadcaster Mícheál Ó Muircheartaigh, Antrim hurler Neil McManus, and Kilkenny hurler Jackie Tyrell, at Croke Park in Dublin.



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](mailto:clubnewsletter@gaa.ie).

Produced by the GAA Communications Department in Croke Park, Edited by Cian Ó Murchadha and designed by DBA Publications in Blackrock, Co Dublin.