

Health and Well Being Policy

Community Games is committed to promoting the Health and Well-being of all our members, in order to create an environment and culture that supports healthy lifestyle choices.

AIM OF THIS POLICY

To promote the health and well-being of all members of Community Games.

This will be achieved by:

- Providing information and/or training on health and well-being, and health promotion
- Encourage staff to be more physically active by making provisions in the workplace for physical activity (including reducing sitting time where practical)
- Promote awareness of key health issues for staff and volunteers
- Implementation of existing policies and guidelines on: substance use and misuse, child protection, anti-bullying, inclusion, healthy eating, mental health, sun safety, and physical activity
- Equipping volunteers and staff with the resources and knowledge needed to ensure that events are organised and delivered in a manner that is conducive to the safety, well-being and protection of all members: healthy eating options, provision of a non-smoking/non-alcohol environment, information on substance use and misuse, provision of protocols and procedures in relation to child protection, etc.
- Leading by example by creating a Health Promoting theme at all national events
- Promotion of the Community Games Steps to Health programme.

DEFINITIONS

- **Health:** a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity (World Health Organisation)
- **Well-being:** often referred to as Mental Health, is defined as a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community (World Health Organisation)
- **Health promotion** is the process of enabling people to increase control over, maintain and improve their health
- **A Health Promoting Organisation** develops a corporate identity that embraces the aims of health promotion and demonstrates a healthy structure and culture within the organisation. It goes beyond giving people information about health, and ensures that all aspects of the organisation empower and enable people to achieve their optimum health.

RESPONSIBILITIES

- It is the responsibility of the Community Games Board of Directors and CEO to support a culture that supports health and well-being throughout the organisation
- The Board of Directors will nominate a Health and Well-being representative
- It is the responsibility of the Health and Well-being representative to communicate a health promoting culture and structure within the organisation

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- The Health and Well-being representative will work with the HSE Health and Well-being staff to promote the Steps to Health programme
- Members (*Coaches, parents, participants and staff*), will incorporate health promoting activities and will maintain and share best practice with other members.

RESOURCES

HSE Health and Well-being: [http://www.hse.ie/eng/about/Who/healthwellbeing/
www.healthpromotion.ie](http://www.hse.ie/eng/about/Who/healthwellbeing/www.healthpromotion.ie)

Public Health agency: <http://www.publichealth.hscni.net/>

World Health Organisation: www.who.int

Safefood: www.safefood.eu

COMMUNICATION OF THIS POLICY

This policy is available for download at www.communitygames.ie.

Areas shall inform children, adults, parents and volunteers of the Health and Well-being Policy.

MONITORING AND EVALUATING

This policy will be reviewed annually by the Chief Executive Officer by the 1st February of each year.