



GAA



Teaghlach agus Pobail
An Fabraic de CLG

Player Welfare in Clubs

Ryan Mellon



Key Messages



Overtraining

Injury

Concussion

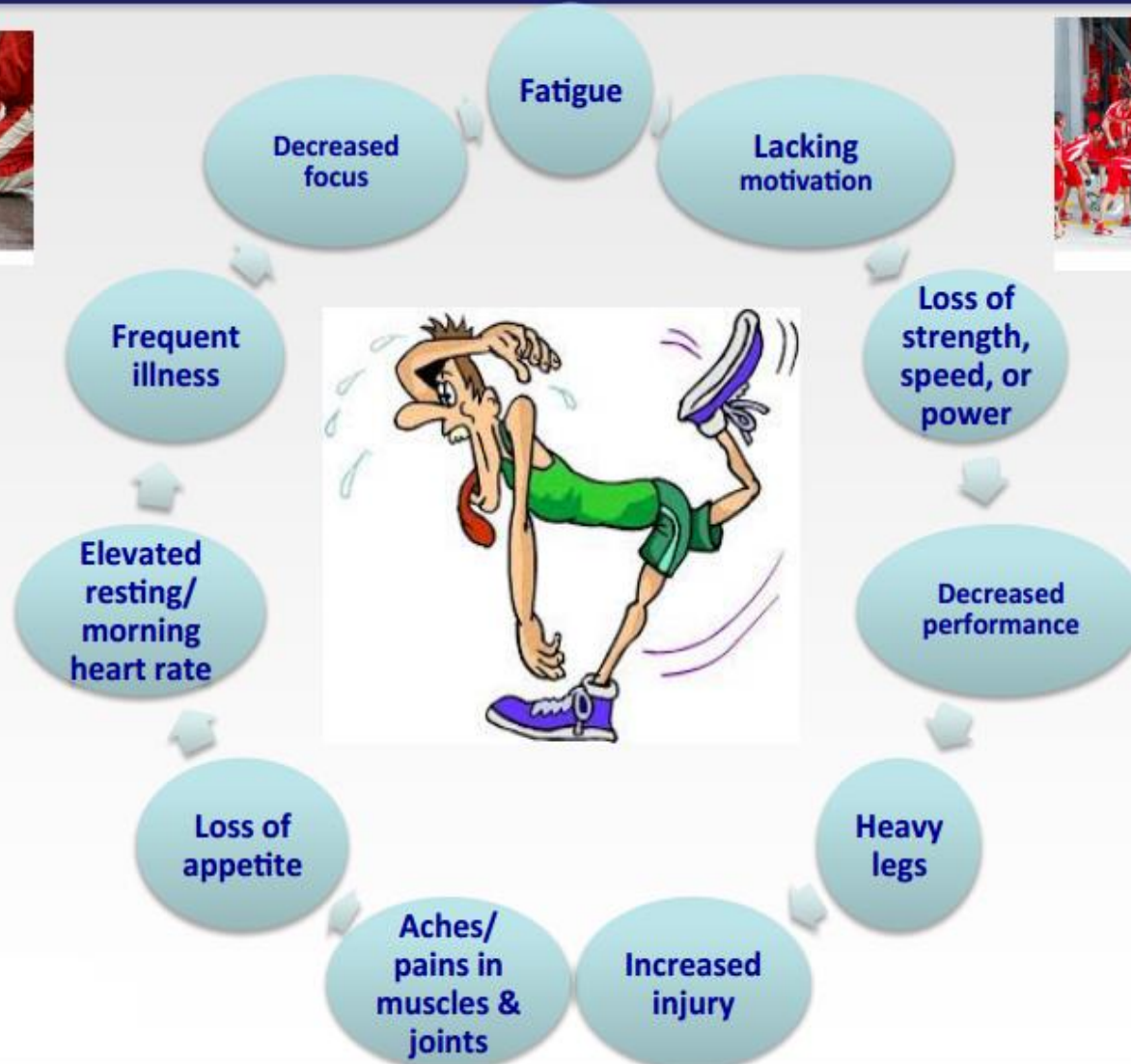
Anti-doping



Major problem



Overtraining Symptoms



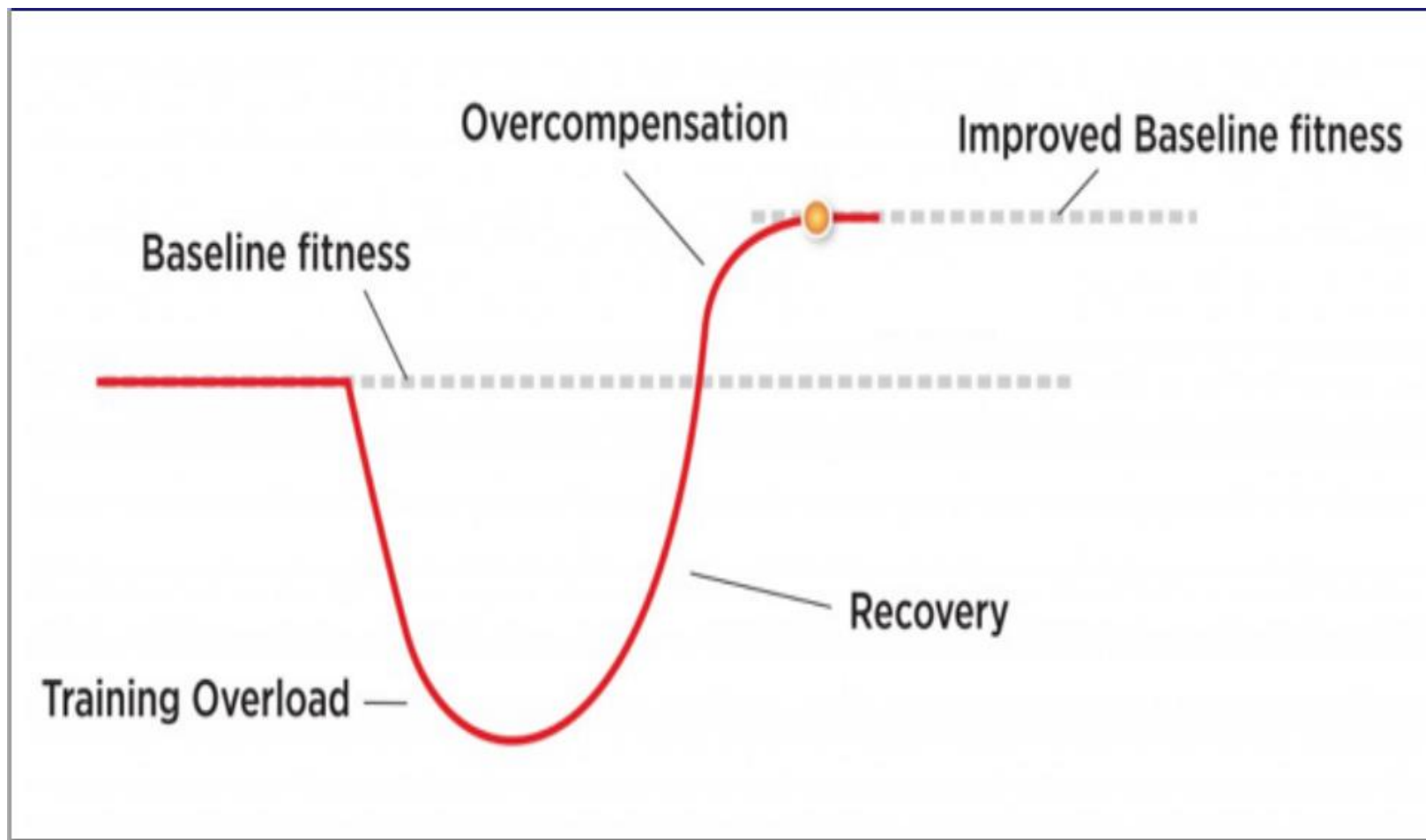


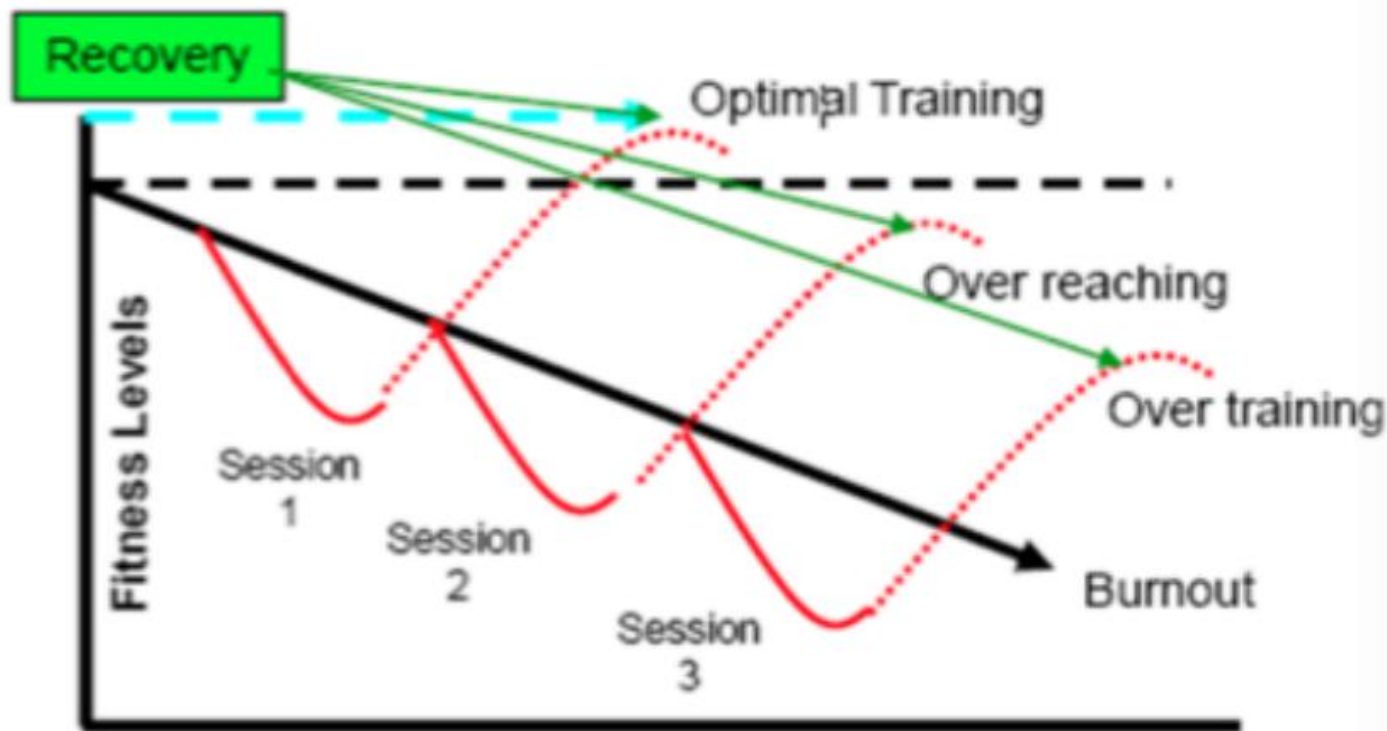
Flickering Light Bulb





Training Response





Body adapts to the exercise load during the **RECOVERY** process.



Gaelic Groin Recommendations



Recommendations

#1

Players should have no more than a total of four high intensity training sessions or matches in one week, with no more than two games per week. This should be complimented by strength and flexibility training sessions

#2

Players should play a maximum of 38 games per season

#3

Avoid high intensity training sessions or a high volume of kicking practice the day before games

#4

Players should avoid long range kicking before a proper warm-up has been completed

#5

Talented young athletes should have a nominated mentor to help decision making through the 17-21 age bracket. This individual should help decision making around game and training selection for appropriate squads

#6

All players should have a two month off-season period in the calendar year. (It is recommended that during this period players complete strength, flexibility and stability training in order to address any dysfunctions and appropriately prepare for the incoming season).



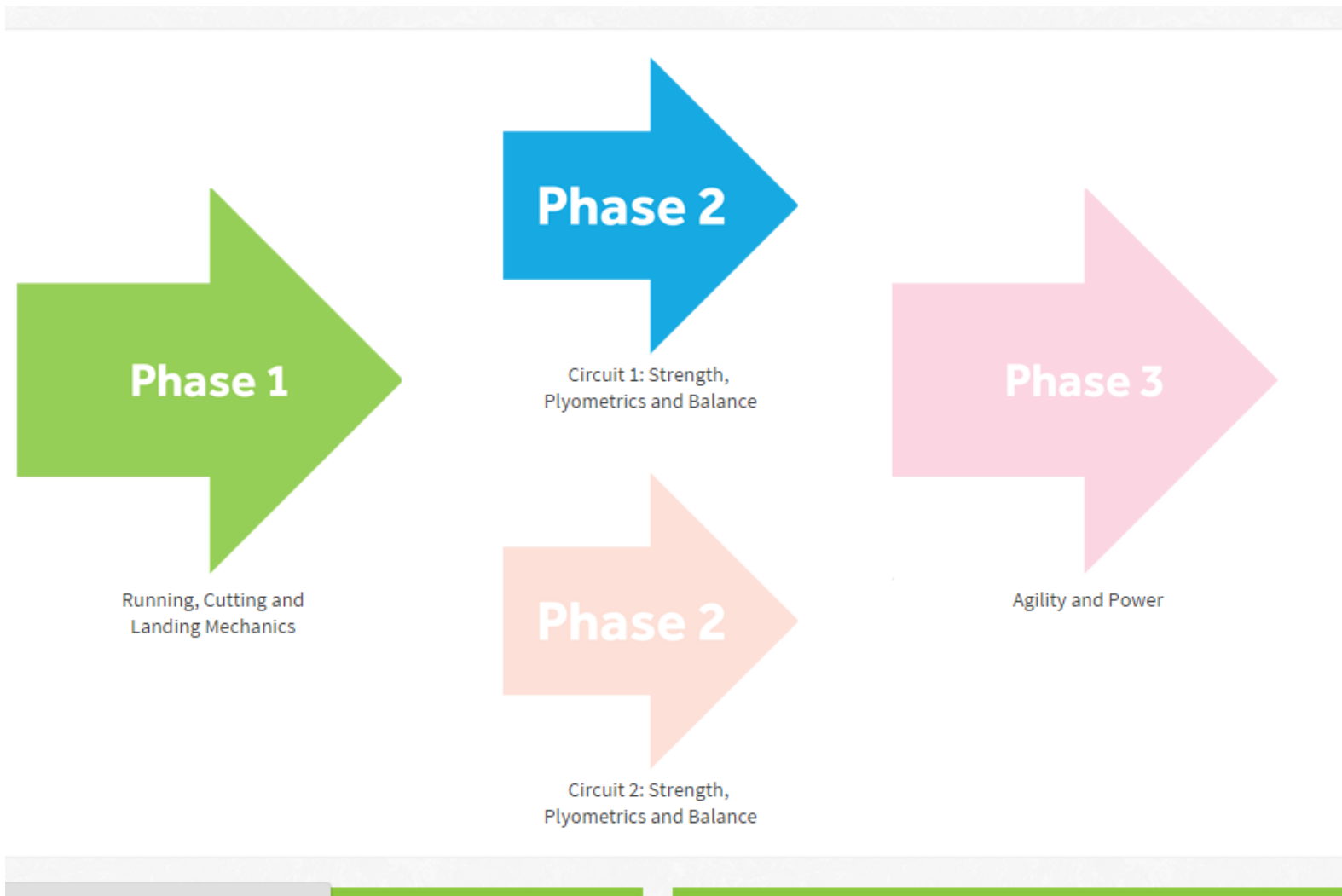
Injuries



- 68% of injuries are non-contact (Preventable?)
 - Sprinting 27%
 - Turning 12%
 - Landing 7%
 - Kicking 5%
- 25% of injuries will reoccur
- Poor flexibility, strength and control contributes to injury.
- Hamstring, hip-groin, knee & ankle are the “big 4 offenders”



Activate Warm up





Recommendations



- Implement the Activate Warm up
- Implement the Gaelic Groin findings
- Train smarter
- Encourage optimal recovery



Concussion Awareness





Concussion





If a player takes a hit to the head



- **Observe any concussion symptoms**
- **Remove player from play**
- **Have player assessed by medical professional**
- **Gradually return player to play.**





Recommendations



- **Online Concussion Course (learning.gaa.ie)**
- **Request Concussion Awareness Workshop in your Club (1hr 15 mins)**
- **Posters in Clubrooms, Dugouts etc.**



Anti-doping



- All GAA members are subject to anti-doping regulations
- Any player can be selected for testing but there is a particular focus on testing county players
- From 1st Jan 2015, the use of serious doping substances will lead to a 4 year ban.





Useful links



- www.gaa.ie/medical-and-player-welfare/
- <http://learning.gaa.ie/player>
- www.abiireland.ie/concussion-campaign/
- activategaa.sini.co.uk