

Monaghan County Committee Drug and Alcohol Policy

(revised 24.5.15)

Cumann Lúthchleas Gael are committed as part of their overall philosophy to '*discourage the misuse of drugs, alcohol and tobacco on the basis that they are incompatible with a healthy approach to sporting activity*'

Monaghan County Committee believe that we need to work towards creating a safe and healthy environment where members can develop the knowledge, skills and attitudes necessary to cope with drug and alcohol related issues. All County Committee members, officials, coaches, player and volunteers (from hereon known as "members") shall follow the law when it comes to illegal drugs, alcohol and tobacco and shall display leadership and good example, particularly when dealing with underage members. This policy shall apply to all events organised on behalf of the County Committee.

Definition of Drugs:

For the purpose of this policy the term "drug" shall include all mood altering substances, both legal and illegal and involve substances such as:

- **Alcohol, tobacco and prescribed drugs such as antibiotics, inhalers, painkillers etc.**
- **Volatile substances such as aerosols, glues, petrol, cigarette lighter fuels etc.**
- **Products and substances sold online and in "headshops" that cause intoxication.**
- **Performance enhancing drugs as outlined by the World Anti-Doping Agency.**
- **Over-the-counter medicines such as paracetamol, anti-histamines, cough medicines etc.**
- **Controlled drugs such as cannabis, ecstasy, amphetamines, magic mushrooms, cocaine, etc.**

Aims and Objectives:

The aim of this policy is to ensure that all members are kept safe from drug-related harm when involved in activities under the jurisdiction of the County Committee.

Our objectives are...

- **To develop a consistent approach to drug-related issues.**
- **To develop ways to address drug-related issues at events controlled by the County Committee.**
- **To establish clear procedures for managing drug-related incidents.**

List of Actions (these are recommended and others can be inserted as required)

The Chairperson and Executive of the County Committee shall adopt and discharge actions from the following list in line with available resources.

Monaghan County Committee shall take the following actions...

- **Cups/trophies shall not be filled with alcohol during celebrations.**
- **Coaches/Officials shall not smoke or drink alcohol openly during matches or training sessions.**
- **Coaches/Officials shall not bring players under 18 years of age to pubs on the way home from matches, outings or training sessions.**
- **Alcohol shall not be served at functions or ceremonies for players under 18 years of age.**
- **Alcohol advertisements shall not be permitted on County jerseys.**
- **All clubs in the county shall appoint a Club Health and Wellbeing Officer.**
- **All clubs in the county shall develop a Club Drug & Alcohol Policy.**
- **Post match/training nutrition and hydration for players will be actively promoted among teams to reduce the negative impact of any potential alcohol use by players.**
- **Members, officials, coaches and volunteers shall not present themselves at activities while under the influence of any drug.**
- **Regular reports from the County Health and Wellbeing Officer will be delivered at County Committee Meetings.**
- **Alcohol will not be permitted in changing rooms.**
- **Drug education workshops will be organised in association with local professionals.**

All persons associated with Monaghan County Committee can help prevent drug-related harm from occurring. The following roles are recommended (insert other recommendations as required).

Coaches

- Will be aware of the possibility of drug misuse among players and work with the County Health and Wellbeing Officer, Chairman and Executives with the aim of preventing harm.

County Health and Wellbeing Officer

- The County Health and Wellbeing Officer is responsible for overseeing the development, implementation and evaluation of this policy in conjunction with the County Committee Chairperson and Executive.
- The County Health and Wellbeing Officer shall have good knowledge of the local drug, alcohol and health promotion services in order to assist the County Committee in organising drug prevention, education and response activities as such needs arise.
- The County Health and Wellbeing Officer shall arrange education/training for Club Health and Wellbeing Officers in conjunction with the National Office at least annually.
- The County Health and Wellbeing Officer is Cathal Hand Phone no. 087 1473373

County Committee Chairperson (or Nominee)

Notice of relevant information, paraphernalia or suspected substances found or received, shall be forwarded to the County Chairperson who shall consult with the necessary parties before taking relevant action based upon this policy. In the event of the Chairperson not being available to discharge these duties, the responsibility will then automatically fall to the Vice Chairperson, Secretary or other nominated person.

Protocol for dealing with drug misuse

Monaghan County Committee shall endeavour to respond to all drug-related incidents in a firm but fair manner, with due respect for the safety and welfare of individuals involved, other members and the wider community and shall also fulfil any legal obligations that might apply.

Outline of Restrictions

The misuse or supply of drugs is viewed as unacceptable by Monaghan County Committee and members or officials are prohibited from presenting themselves for County Committee duties while under the influence of a drug. Breaches of these restrictions are punishable by warnings, suspensions and expulsions as deemed appropriate.

Reporting of Incidents

Notice of alleged or confirmed incidents in breach of this policy shall be referred to the County Chairperson and the County Health and Wellbeing Officer. Matters relating to the misuse or supply of drugs **must** also be brought to the attention of the National Coordinator in Croke Park, who can give guidance on the appropriate response on a case by case basis.

Recording of Information

Information regarding alleged or confirmed incidents in breach of this policy shall be recorded in writing. The recording of factual information is preferable and all opinions shall be stated as such. Responses to cases shall also be recorded in this way. Only in confirmed cases shall names of individuals be recorded.

Confidentiality

While it is not possible to guarantee, every effort shall be made to respect confidentiality.

Involving Parents/Guardians

Incidents involving any person under 18 years of age will require their parents/guardians to be informed. Parents/guardians shall be invited to discuss what has happened and shall be informed of any course of action to be taken by the County Committee. The County Committee Chairperson shall nominate a person to inform parents/guardians in each case.

Garda Síochána/PSNI Involvement

Incidents that involve the illegal supply of drugs shall require Garda Síochána/PSNI involvement. In all other drug-related incidents, each case shall be considered on an individual basis and the decision shall rest with the County Committee Chairperson as to whether or not the Garda Síochána/PSNI are involved.

Search

The County Committee Chairperson retains the right to direct a search of any property under the jurisdiction of the County Committee if there is reasonable cause to believe a substance in breach of this policy is contained therein. Two people shall conduct the search on behalf of the County Committee. Officials are not allowed to search an individual or their personal property. Where there is reasonable cause to believe a person has in their possession a substance in breach of this policy, they shall be asked to volunteer the substance. If they refuse, the Garda Síochána/PSNI may be requested to conduct a search.

Disposing of suspected illegal substances

If a suspected illegal substance is found on a property under the jurisdiction of the County Committee it shall be brought to the attention of the County Committee Chairperson and the County Health and Wellbeing Officer. The substance shall be temporarily stored securely and the Chairperson shall then decide whether the Garda Síochána/PSNI should be called to collect it, or whether it should be disposed of. Any disposal of suspected illegal substances shall be recorded and witnessed by two officials. At no time shall a suspected illegal substance be removed from the property without the knowledge of the Garda Síochána/PSNI.

Availability, use and storage of solvents and gases

Many solvent based products have the potential to be abused (e.g. deodorants, paints, thinners, cleaning fluids etc). All solvent based materials and gases shall be stored securely and safely away from public access.

Monitoring and Evaluation

This policy is in force at all times and during all activities conducted under the aegis of Cumann Lúthchleas Gael. This policy shall be evaluated annually and after every drug-related incident. This policy has come into effect since March 2013 and shall be reviewed annually thereafter by the County Health and Wellbeing Officer in conjunction with the Chairperson and Executive.

All policies must be approved by the County Committee and the County Officer. Copies of the policies shall be sent to the National Health and Wellbeing Office in Croke Park.

Signed _____ Chairperson Signed _____ County Health and Wellbeing Officer

Date _____________

Date _____________