

ASAP Programme resources

The following resources are available to help clubs implement the ASAP Programme:

ASAP Manual

The ASAP Manual contains:

- Detailed information of many drugs, including effects and risks.
- A comprehensive list of drug and alcohol related services throughout the country.
- Templates and guidance on how to set up a Club Drug & Alcohol Policy.



ASAP DVD 'Club Matters'

The DVD shows:

- How alcohol and other drugs affect playing performance.
- How to develop a Club Drug & Alcohol Policy.
- Suggested ways to deal with various drug and alcohol related situations.



ASAP website www.gaa.ie/asap

A one-stop portal covering all aspects of the ASAP Programme. The website contains a wealth of up-to-date information including:

- Detailed information on drugs & alcohol.
- Downloadable ASAP DVD 'Club Matters'.
- Downloadable ASAP Manual.
- Video messages from players.
- Club Drug & Alcohol Policy template.
- Details of drug and alcohol agencies.



An ligfidh tú don ól ná do dhrugaí teacht idir tú agus do bhrionglóidí?

Will you let drink or drugs get in the way of your dreams?



GAA ASAP PROGRAMME

Reducing the harm caused by alcohol and other drugs

For further information contact:

Alcohol & Substance Abuse Prevention Programme,
Gaelic Athletic Association,
Connacht Council Office,
Clare Street, Ballyhaunis, Co Mayo.

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www.gaa.ie/asap

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HE **Heilbrunnasáiríocht agus Substáiní Sláinte**
Health Service Executive

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The ASAP Programme is for people at all levels of the GAA who want to know how to respond to alcohol and other drug related problems.

Visit our website at
www.gaa.ie/asap

What is the ASAP Programme?

The Alcohol & Substance Abuse Prevention (ASAP) Programme is a joint venture by the GAA and the Health Service Executive that aims to reduce the harm being caused by alcohol and other drugs.

The GAA will achieve this by building a structure of ASAP Officers across the 32 counties. To do this all clubs need to appoint an ASAP Officer to be the contact person for the Programme.

Why do I need it in my club?

The ASAP Programme is a new way of responding to alcohol and other drug related problems in a club setting. Clubs that implement the ASAP Programme will be able to do 3 things...

1. Prevent alcohol and other drug related problems from happening.
2. Educate members about relevant issues.
3. Respond appropriately should a problem arise.

Role of ASAP Club Officer

The ASAP Club Officer is central to the success of the ASAP Programme.

The ASAP Club Officer is expected to...

- Be the contact person between the club and the ASAP County Officer.
- Be fully familiar with the ASAP Manual, DVD and Website.
- Co-ordinate the development of a Club Drug and Alcohol Policy.

The ASAP Club Officer is **NOT expected** to...

- Be 'holier than thou'.
- Police how people drink.
- Be the 'Club social worker/counsellor' etc.

Ideally the person who is appointed as the ASAP Officer will be someone who is well regarded in their club and interested in getting involved in the ASAP Programme. ASAP Officers will be offered help and guidance by their ASAP County Officer and by the National Office.

The rollout of the Programme is not the sole responsibility of the ASAP Officer. All members need to work to ensure it's success.

Club Drug & Alcohol Policy

Every club will need to develop a Club Drug and Alcohol Policy. This can be done individually or by a cluster of neighbouring clubs.

A Club Drug and Alcohol Policy is a plan that sets out how the club is going to respond to alcohol and other drugs related issues.

The steps to developing a policy are:

- **Establish a committee to develop the policy...**
using a mix of adults and young people.
- **Study relevant resources...**
on the ASAP Website, Manual and DVD.
- **Review the current situation in the club...**
by discussing what problems are most likely to come up in the club.
- **Prepare a draft policy...**
for the club and invite feedback from others.
- **Finalise and launch the policy...**
to let everyone know what your club is doing.
- **Review the policy...**
at least once a year and after every time it is used.

All the resources needed for developing a Club Drug and Alcohol Policy are available on the ASAP website.