



## Registration / Fee Options For 2020

**Family Membership With Lottery & Individual Membership With Lottery Are SUSPENDED until 2021 Season Due To Covid-19 Related Issues.**

- 1) **Family** **€120**  
*Up to two parents / legal guardians and all underage children (children born on, or after, 1<sup>st</sup> January 2002)  
Adult children (children born on or before 31<sup>st</sup> December 2001) must be registered separately.*
- 2) **Underage / Youth** **€50**  
*Boys & Girls, born on or after 1<sup>st</sup> January 2002*
- 3) **Senior/Adult Player** **€100**  
*Lady or gent, born on or before 31<sup>st</sup> December 2001*
- 4) **Senior/Adult Player Student** **€50**  
*Lady or gent, born on or before 31<sup>st</sup> December 2001 & in full time, unpaid, education.  
Proof of full time education must be provided.*
- 5) **Non Playing Adult Member** **€75**
- 6) **Senior Citizens** **€35**  
*Of an age that qualifies for the State Pension. Currently 66 years or more.*



**Why Not Sign Up To Play The Lottery Automatically From January 2021. For Just €8.50 A Month You Never Miss A Draw & Have Two Chances Each Week To Win The Jackpot and Five Cash Prizes**

**Fill Out and Return The Enclosed Lottery Form & Direct Debit Or Sign Up On-line At [www.suncroftgfc.com/shop](http://www.suncroftgfc.com/shop)**

**JACKPOT CURRENTLY €10,000**





## REGISTRATION / FEE PAYMENT FORM 2020

**Name:** .....  **Date of Birth:** .....  
*Parent / Legal Guardian / Adult 1 (BLOCK LETTERS PLEASE) Male/Female If Playing Football*

**Name:** .....  **Date of Birth:** .....  
*Parent / Legal Guardian / Adult 2 (OPTIONAL) (BLOCK LETTERS PLEASE) Male/Female If Playing Football*

**Youth Name (1):** .....  **Date of Birth:** .....  
*Underage / Youth Player 1 (BLOCK LETTERS PLEASE) Male/Female*

**Youth Name (2):** .....  **Date of Birth:** .....  
*Underage / Youth Player 2 (BLOCK LETTERS PLEASE) Male/Female*

**Youth Name (3):** .....  **Date of Birth:** .....  
*Underage / Youth Player 3 (BLOCK LETTERS PLEASE) Male/Female*

**Youth Name (4):** .....  **Date of Birth:** .....  
*Underage / Youth Player 4 (BLOCK LETTERS PLEASE) Male/Female*

**Underage/Youth Players: Born on or after 1<sup>st</sup> January 2002. Senior/Adult Players: Born on or before 31<sup>st</sup> December 2001.**  
**Family option is restricted to Parents / Legal guardians and children born on or after 1<sup>st</sup> January 2002.**  
**Family with lottery is restricted to Parents / Legal guardians, children born on or after 1<sup>st</sup> January 2002 & children born on or after 1<sup>st</sup> January 2000 in full time, unpaid, education. Details of education must be provided, institute being attended, course, etc.**

Address 1: ..... Mobile Number (1): .....  
 Address 2: ..... E-mail (1): .....  
 Address 3: ..... Mobile Number (2): .....  
 Address 4: ..... E-mail (2): .....

If you **DO NOT** wish **photos or videos** of the above-named player(s) to be published, **tick this box.**

When necessary, and possible with the help of parents, guardians and officials, Suncroft GFC team managers, trainers, mentors, officials and coordinators will endeavour to arrange, on an ad hock basis, **lifts to and from training and/or local games.** If you **DO NOT** give permission for the above-named player(s) to be transported by lifts arranged by team managers, trainers, mentors, officials and coordinators, **tick this box.**

I hereby apply to: **Suncroft Gaelic Football Club** (Suncroft GFC) for Membership and for Membership of Cumann Lúthchleas Gael (The Gaelic Athletic Association (GAA)) and/or the Ladies Gaelic Football Association (LGFA) as appropriate. I subscribe to and undertake to further the aims and objectives of Suncroft GFC, the GAA and the LGFA and I also to confirm I will abide by their established rules, regulations, procedures and processes as updated from time to time. I attach herewith the appropriate membership fee as determined by Suncroft GFC. I confirm that I am aware of Suncroft GFC's Injury Physiotherapy Policy. I also confirm that I understand that the Personal Data on this form is retained and used by Suncroft GFC, the GAA and LGFA for the purposes outlined on page 2 of this form and as outlined in Suncroft GFC's Personal Data Protection Policy, available on the information page of the clubs website [www.suncroftgfc.com](http://www.suncroftgfc.com).

I also confirm that if any of the above-named player(s) has(have) any illnesses, allergies or other medical issues which may affect their participation, or require specific treatment should an issue arise, I will make the team coaches, mentors and/or management fully aware.

REGISTRATION/FEE OPTION SELECTED: ..... €.....

**SIGNATURE** (Parent / Legal Guardian if player is under 18 years of age): .....  
 NAME IN BLOCK LETTERS: .....

With over 200 underage players across 16 different teams there were over 188 games and over 200 training sessions in 2017 there is a lot of organising, administration, child welfare, website, finance and other stuff to be done over the year as well as the football. There is a team of **Volunteers** in place but there is always room for more help to do things better. Anything from a hand for an hour once or twice a year to helping with a team. **If you would not mind hearing more about volunteering and are willing to take a call to discuss, tick this box.**





# SUNCROFT GFC



## *Code of Conduct and Best Practice*

Suncroft GFC is fully committed to safeguarding the wellbeing of its members. The club encourage 'best practice' in the playing of our games and the club is committed to providing an environment and ethos which will at all times, shows respect and understanding for members rights, safety and welfare. Every individual in the club should at all times show respect and understanding for their safety, and welfare, and conduct themselves in a way that reflects the codes of conduct and best practice as described in this document and in the rules and regulations of the club, the LGFA and the GAA.

Underage players deserve to be given enjoyable, safe sporting opportunities, free of abuse in any form. The Gaelic Athletic Association, Ladies Gaelic Football Association, the Camogie Association, GAA Handball Ireland and the Rounders Council of Ireland publish a joint Code of Best Behaviour and all members of Suncroft GFC will adhere to the requirements of this publication. Available at the following link: <http://www.gaa.ie/news/gaa-code-behaviour/>

Gaelic Games are often described as a fast-paced, frantic kaleidoscope of action that will have you trying to look in several directions at once. They are a rip-roaring good time. It's tribal and can be about deeply engrained rivalries. Physically challenging and emotionally explosive.

All that said it is a game and there will be another one next week, next month and regularly for years to come. Everyone involved should be passionate in their support but at the same time always be respectful to all the players, officials and supporters of both teams.

At the highest level, with replays from television cameras pointing from numerous different angles, different neutral expert commentators and pundits often disagree as to the severity of a foul, the intent behind a foul, was it over the line, it should have been a free in, no it should have been a free out, etc. The team manager or coach seldom play the teams that the neutral expert commentators and pundits would have played, the tactics are mostly wrong, and the substitutions are mostly viewed as being for the wrong players at the wrong time.

When at a local club match all involved are playing, watching and supporting with a natural bias towards their club.

The referee and other match officials will get some calls wrong, mostly it will end up being balanced but some days it will go for your team and some days it will go against. That is the nature of the amateur games we play and when at a game we must accept it for what it is. The same can be said for team managers, coaches, selectors and players. They will all have average days, great days and crappy days, again that is the nature of the amateur games we play and when at a game we must accept it for what it is.

Respect the time, effort and commitment that the players, team coaches, selectors and managers are giving to provide this outlet for energy, excitement, and entertainment.

Every effort should be made not to have any heat of the moment outbursts. If you genuinely believe you can do it better, then get involved with the club or the team and help them to improve. Get fit and make the team, do the courses and qualify to coach or become a referee, the GAA and LGFA are always looking for more referees.



# SUNCROFT GFC



## *General Code of Conduct and Best Practice*

Suncroft GFC is founded on the core values of mutual respect. All members must value each person and encourage respect amongst team members, managers, coaches, selectors, mentors and other members of the club.

The achievement of 'best practice' is dependent on:

- The development of skill and wellbeing through the playing, coaching and promotion of our games.
- The adoption of the principles of fair play and good behaviour at all times by all parties involved.
- The development of a positive, constructive, supportive and encouraging team environment.
- Maximising the sense of achievement, fun and participation in order to develop players to their full potential.

Coaching resources and activities are firmly rooted in the local community. The club is committed to providing an environment that promotes a 'sense of belonging' in the club and an ethos that will allow:

- Players to perform to the best of their ability, free from bullying and intimidation.
- Officials to undertake their duties to the best of their ability, free from bullying and intimidation.

Inappropriate behaviour by any member of the club (or any person/persons associated with the club) that undermines these values is unacceptable and will be considered a breach of this Code of Conduct and Best Practice.

All persons associated with Suncroft GFC are expected to uphold and promote this ethos in all roles that they undertake on behalf of Suncroft GFC or in support of Suncroft GFC.

Breaches of this Code of Conduct and Best Practice by any member of the club will be dealt with in accordance with the disciplinary processes of the club, GAA and LGFA as appropriate.

### RESPECT

- RESPONSIBLE
- ENCOURAGING
- SUPPORTIVE
- POSITIVE
- ENABLING
- CONSIDERATE
- TOLERANT





# SUNCROFT GFC



## *Code of Conduct and Best Practice*

### **Team Managers, Selectors, Mentors & Coaches**

*(referred to hereafter as Coaches)*

#### **Players First - Winning Second**

A balanced approach to competition can make a significant contribution to the development of players, while at the same time providing fun, enjoyment and satisfaction. In developing the skill level of every player Coaches should always encourage enjoyment and fun while ensuring meaningful participation in our games and activities. Coaches must be very aware that if competition demands are placed on young players too early, excessive levels of pressure and anxiety are placed on them. Often this results in a high level of drop-out from the sport which goes against one of the main missions of the GAA and LGFA which is to have as many people as possible playing our games. Club Coaches must place the welfare of the person, and retention of players first and competition second. Coaches must help each and every player to reach their potential, whatever that may be.

Suncroft GFC recognises the key role Coaches play in the lives and development of players. Team Coaches can ensure that our sport has a beneficial impact when they adhere to the following principles.

Coaches must maintain a player centred approach:

- Never allow an unregistered player to partake in a club training secession or play in a club game (should an unregistered player partake, and something go wrong, such as the player getting injured, the club has no responsibility but the player (parents/guardian) may seek to hold the coach responsible).
- Be familiar with the club, GAA and LGFA (as appropriate) rules and codes of practice.
- Respect the rights, dignity and worth of every player and treat each player equally, regardless of age, gender, ethnic origin, religion, sexual orientation, background or ability.
- Encourage the development of respect for opponents, officials, selectors, and other coaches, and avoid criticism of mentors and officials.
- Be truthful and positive during coaching sessions, games and other activities so that participants always leave with positive sense of learning and/or achievement.
- Recognise the development needs and capacity of all players, regardless of their ability, by emphasising participation and teamwork.
- At younger ages skills development and personal satisfaction should have priority.
- At older ages, while mindful of individual needs, teamwork and team development should have priority.
- Be generous with praise and never ridicule or shout at individual players for making mistakes or when a game is lost.
- Ensure that games, activities and playing equipment suit the needs of those involved in terms of age, ability, experience and maturity.



## SUNCROFT GFC



- Be careful to avoid the "star" system. Each player deserves time, opportunity and attention.
- Do not equate losing with failure and do not develop a preoccupation with medals and trophies. The level of improvement made by a player and/or by a team is the best indicator of effective coaching.
- Ensure that players and any personnel connected with the team do not speak to another person in a manner that threatens, disparages, vilifies or insults.
- Ensure that players and any personnel connected with the team respect the rules of the game.
- Insist on fair play and ensure players are aware that you, and the club, will not tolerate cheating, threatening or bullying behaviour.
- Set realistic (challenging but achievable) performance goals.
- Ensure that all dressing rooms, facilities and areas occupied/used by the team (whether at home or away) are not abused or damaged in any way.

### Coaches must lead by example:

- Do not speak about individuals or teams outside the team and club environment. Anything that you say will find its way back to the individual or team and will be either exaggerated, misquoted or understated.
- Avoid using foul language or provocative language/gestures to a player, opponent or match official.
- Only enter the field of play with the referee's permission.
- Do not question a referee's decision or integrity.
- Encourage players, officials and supporters to respect and accept the judgement of match officials without question.
- Promote fair play.
- Be punctual, properly attired, and lead by example.
- Avoid smoking when working with players.
- Do not consume alcohol or non-prescribed drugs before, or while, players are in your care or charge.
- Encourage spouses, partners, parents, guardians and children of players to become involved in your team and club activities whenever possible.

### When working with underage players:

- Avoid working alone with children at all times. At least TWO adults must be in attendance with each squad/team at all times for all activities (training and matches). If this is not possible, the activity should be cancelled. It is important to realise that this is essential for player safety and child protection, and also for the protection of Coaches from any misinterpretation or misreporting of actions, and from unfair or malicious accusations.



## SUNCROFT GFC



- Do not shout or lecture players or reprimand / ridicule them when they make mistakes. Young players learn best through trial and error and should not be afraid to risk error.
- Never use any form of corporal punishment or physical force.
- Avoid incidents of horse play or role play or telling jokes, etc. that could be misinterpreted or misrepresented.
- Ensure that all physical contact is appropriate and has the permission and understanding of the young person. This includes when assisting players to perform a technique or when called upon to perform First Aid
- Never undertake any form of therapy or hypnosis, in training young players.
- Develop an appropriate working relationship with young players based on mutual trust and respect. Be responsible for setting and monitoring the boundaries between working relationship and friendship with players. It is advisable that coaches do not involve players in their personal life.
- Challenge bullying in any form whether physical or emotional. Bullying in not acceptable behaviour be it in from a young person, player, coach, parent, guardian, spectator, match official or any other person.
- Make adequate provision for First Aid and do not allow players to perform while injured.
- Do not allow the use of cameras, videos, camera-phones etc., in changing rooms. The inappropriate use of images of underage players must be reported.
- If overnight stays are required for matches or trips for underage players, players and Coaches must observe and sign a separate agreement in accordance with club regulations. For underage members, parents/guardians must also sign permission forms. No child should be allowed overnight without such a form being completed.
- Texts, e-mails, memos and phone calls for all underage players up to the age of 16 must always, **WITHOUT EXCEPTION**, be communicated through parents/guardians.
- Texts, e-mails, memos and phone calls to all underage players, over the age of 16 but under the age of 18, must always be communicated through parents/guardians. However, group texts and e-mails can be sent directly to underage players, over the age of 16 but under the age of 18, if the parent or guardian request, in writing, that a player is communicated with directly (the written request should detail the phone number and / or e-mail to be used). A coach has the right to accept or refuse this parental / guardian request.
- A Coach must never directly phone an underage player. A Coach must never send an individual text or e-mail to an underage player. Only group texts and/or e-mails should be used.
- The nature of the relationship between Coaches and players is based on trust and confidence. Occasionally Coaches may acquire information of a confidential nature about their players. This information must remain confidential and except where abuse is suspected, must not be divulged to a third party.
- Parents/guardians should always be informed immediately when problems arise with young players except in situations where informing parents may put the player at further risk. In such a situation the relevant clubs children's officer should be contacted immediately.



## SUNCROFT GFC



- Coaches must be mindful that as players at U16, U17 and U18 age levels step up to U20, U21 or senior panels that it is a very large step and an environment must be created to encourage all of them to participate and keep participating. Players that are used to being leaders at their own age level up through the years will have to compete for a place on a team for the first time which can be difficult for some. If not Coached properly players that are not the strongest player at their own age level can be left behind or overwhelmed and end up walking away from the sport.

### Coaches Must Adopt Best Practice:

- Ensure that all players are suitably and safely attired to partake in the activity.
- Keep a record of attendance at training and at games by both players and coaches.
- Be aware of any special medical or dietary requirements of players as indicated by them or by the players or parent / guardian.
- Do not administer medication or medical aid unless you have received the necessary training to administer such aid.
- Be punctual and properly attired.
- Insist on fair play and ensure players are aware that you, and the club, will not tolerate cheating, threatening or bullying behaviour.
- Ensure that players and any personnel connected with the team do not speak to another person in a manner that threatens, disparages, vilifies or insults.
- Up to under 12 years level, rotate the team captaincy and the method used for selecting teams so that the same players are not selected to the exclusion of others.
- Set realistic (stretching but achievable) performance goals.
- Encourage spouses, partners, parents, guardians and children of players to become involved in your team and club activities whenever possible.
- Communicate with players appropriately. A Coach must never directly phone an underage player. A Coach must never send an individual text or e-mail to an underage player. Only group texts and/or e-mails can be legitimately used.
- Do not engage in communicating with underage players via social media/network sites.
- Keep records of injuries and actions subsequently taken. Ensure that another official / referee / coach is present when a player is being attended to and can corroborate the relevant details.
- Ensure that all dressing rooms and general areas that are occupied by your players are kept clean and are not damaged in any way.
- If it is necessary to transport a child / young person in your car, ensure that they are seated in the rear seat with belts securely fastened and that at least one other party is in the car.
- Make adequate provision for First Aid services.
- Do not engage or permit players to play while injured.
- Fully abide by the rules and regulations of the GAA, LGFA and the club.

**Never make winning the primary or sole objective!**



# SUNCROFT GFC



## *Code of Conduct and Best Practice*

### *Adult / Senior Players*

Suncroft GFC is fully committed to safeguarding the wellbeing of its members. We encourage Best Practice in the playing of our games and we are committed to providing an environment and ethos which will at all times, shows respect and understanding for members rights, safety and welfare. We aim to assist our adult / senior players in achieving their true potential by fair and ethical means. In accordance with this guiding philosophy, our sport must be drug free and played in accordance with a spirit of fair play and sportsmanship.

Adult / senior players have rights which must be respected. The club, the GAA and the LGFA have rules, procedures and codes of conduct that adult / senior players must accept and respect. Adult / senior players can ensure that our sport has a beneficial impact for them, for the club and for the community when they adhere to this Code of Conduct and Best Practice:

Adult / Senior Players should:

- Understand and accept that only fully paid up and registered members of the club may participate in any training secession or play in any game.
- Represent Suncroft GFC and the Suncroft community with pride and dignity.
- At all times, act in a manner that reflects well on themselves, their families, Suncroft GFC and the community.
- Respect players, coaches, managers, selectors, team-mates, all match officials, and opponents on and off the field of play. This respect must also be reflected in behaviour and language during both games and training.
- Respect the rights, dignity and worth of every player and treat each player equally, regardless of age, gender, ethnic origin, religion, background or ability.
- Play fair and do not participate in cheating, threatening or bullying behaviour.
- Never speak to another player, team mare or opponent, or any personnel or official connected with the team in a manner that threatens, disparages, vilifies or insults.
- Accept that it is the coaches job top coach, not theirs, and don't tell other players what to do and what not to do.
- Take personal responsibility for their own performance and ensure that they preform to their best ability for the full duration of games, irrespective of who is winning or losing and irrespective of how teammates are performing.
- Lead by example on the field.
- Welcome young players onto the team panel and work to help them to help them migrate from underage to adult level. Actively involve them in play in training and in games and help them to integrate with the team. Ensure they are not exposed to excessive physical attention by older / more developed team members or members of the opposing team. Never speak to them in a manner that threatens, disparages, vilifies or insults on or off the field.
- Never bully or use bullying tactics to isolate another player.
- Never use bullying tactics to gain an unfair advantage.
- Respect fellow team members - even when things go wrong.
- Respect opponents. Be humble in victory and be gracious in defeat.



## SUNCROFT GFC



- Behave in a manner that avoids bringing the sport and our club into disrepute.
- Accept apologies from opponents when offered.
- Shake hands with their opponents before and after the game irrespective of the result.
- Be generous with praise and never ridicule or shout at players for making mistakes or when a game is lost.
- Never equate losing with failure.
- Never spread rumours about other players, coaches or officials.
- Attend all games, training sessions and team meetings at the appointed times unless specifically excused by prior arrangement. Punctuality is required of all, mentors, coaches and players alike. Habitual lateness is not acceptable.
- Notify their team manager at the earliest possible time if they cannot attend any team event for whatever reason.
- Understand that all reasonable measures will be undertaken to inform them of the date, time, and location of training and games. However, players must be proactive in finding out such information, most especially if they were absent for whatever reason from a previous training session or game.
- Always wear some form of club top to the game and full club colours while selected on a panel for a game.
- Be in a proper physical condition to allow them to perform to the best of their ability in games for Suncroft GFC.
- Avoid the after effects of alcohol in preparation for games.
- Avoid and refrain from the consumption of non-subscription drugs and substances of any kind.
- Accept that anything discussed at meetings, training sessions or games is to be kept inside the group. Anything that you say external to the group will find its way back to the individual or team and will be either exaggerated, misquoted or understated.
- Play for any team that management requests.
- Make an effort to take an active part in all club events.
- Respect club property and the personal belongings of others and ensure that dressing rooms, equipment and facilities are not damaged in any way.
- Accept that adequate facilities will not always be available and work positively with what is available.
- Wear the correct clothing and protective equipment (mouth guard), etc. in all training and matches.
- Never use social media or network sites to discuss any team affairs or make negative comments about Suncroft GFC, team mates, coaches, selectors or mentors.
- Never use cameras, videos, camera-phones etc., in changing rooms.
- Abide by the rules and regulations of the GAA, LGFA and the club.

**Breaches of this Code of Conduct and Best Practice by any member of the club will be dealt with in accordance with the disciplinary processes of the club, GAA and LGFA as appropriate.**



# SUNCROFT GFC



## *Code of Conduct and Best Practice*

### *Young Players*

- Young players deserve to be given enjoyable, safe sporting opportunities, free of abuse and intimidation in any form. These players have rights which must be respected. The club, the GAA and the LGFA have rules, procedures and codes of conduct that players must accept and respect. Players can ensure that our sport has a beneficial impact for them, for the club and for the community when they adhere to the following Code of Conduct and Best Practice:
- Young Players should:
- Understand and accept that only fully paid up and registered members of the club may participate in any training secession or play in any game.
- Treat all mentors (coaches, managers club officials, selectors etc.) with respect.
- Play fairly and respect their opponents.
- Respect fellow team members - even when things go wrong.
- Respect opponents, be humble in victory and be gracious in defeat.
- Behave in a manner that avoids bringing the sport and our club into disrepute.
- Never cheat, use violence, verbal abuse.
- Never shout or argue with officials.
- Never bully or use bullying tactics to isolate another player.
- Never use bullying tactics to gain an unfair advantage.
- Never engage in 'name-calling'.
- Always accept apologies from opponents when offered.
- Never spread rumours or tell lies about adults or other players.
- Represent their family, club, community and county with pride and dignity.
- Shake hands with their opponents before and after games irrespective of the result.
- Adhere to proper standards of behaviour and this Code of Conduct and Best Practice at all times.
- Have fun and participate on an equal basis.
- Have complaints treated in confidence and acted upon.
- Talk to the club's children's officer if they have any problems.
- Let the coach/mentor, know through your parents or guardians, if you are unavailable for training or for a game.
- Understand that players up to the age of 16 years, **WITHOUT EXCEPTION**, must not contact their coach, mentor or team manager directly. All contact must be via their parents / guardians.
- Understand that players over 16 years and under 18 years must not contact their coaches, mentors or team managers directly. All contact must be via their parents / guardians. However, a parent or guardian may request, in writing, that a player is communicated with directly (the written request must include detail the phone number and/or e-mail to be used) by the coach, mentor and/or team manager. The coach, mentor or team manager may refuse this request. If the coach, mentor and/or team manager do accept this request any response that they make to a text or e-mail from the player must be a group response. Coaches will not communicate directly with underage individuals and they will not communicate by phone calls.



## SUNCROFT GFC

---



- Respect club property and the personal belongings of others and ensure that dressing rooms, equipment and facilities are not damaged in any way.
- Abide by the rules and regulations of the GAA, LGFA and the club.

Breaches of this Code of Conduct and Best Practice by any member of the club will be dealt with in accordance with the disciplinary processes of the club, GAA and LGFA as appropriate.



# SUNCROFT GFC



## *Code of Conduct and Best Practice*

### *Parents / Guardians*

Suncroft GFC recognises that parents and guardians play a key role in relation to volunteer support for clubs and teams. Parents / guardians should not attempt to meet their own needs for success and achievement through their children's participation. Parents / Guardians must also realise and accept the rules and procedures set down by Suncroft GFC', the GAA and the LGFA.

Parents / Guardians can ensure that our sport has a beneficial impact on their family members, the community and the club when they adhere to the following Code of Conduct and Best Practice:

Parents / Guardians should:

- Ensure that the necessary registration, permission and medical consent forms for their child's participation in the club are completed and returned to the club.
- Inform the coaches, and any other relevant club personnel, of any of their child's medical or dietary requirements prior to coaching secessions, games or other activities.
- Ensure that they obtain a copy and read in full the club's Code of Conduct and Best Practice. The club recommends that every parent / guardian should read the GAA's and the LGFA's "Code of Conduct and Best Practice in Youth Sports when working with young players".
- Ensure that their child also reads and understands what is expected of them in relation to this code and the Code of Conduct and Best Practice.
- Ensure that their child is punctual for training, games and other organised activities.
- Provide your child with adequate clothing and equipment as may be required for the playing of games and training.
- Ensure that the nutrition, hydration and hygiene needs of your child are met.
- Never encourage your child to consume non-prescribed drugs or to take performance enhancing supplements.
- Be a role model for your child and maintain the highest standards of conduct when interacting with children, other parents, officials and organisers.
- Always behave responsibly and do not seek to unfairly affect the game or a player.
- Never intentionally expose young players to embarrassment or ridicule by the use of flippant or sarcastic remarks.
- Always recognise the value and importance of volunteers. This includes coaches, mentors, team managers and officials.
- Do not publicly question the judgement or honesty of officials, organisers and mentors.
- Set a good example by applauding good play on both sides.
- Show approval and give praise and encouragement to your own child and their team-mates for effort, skill and improvement, and not just results. Praise in defeat is particularly important.
- Support all efforts to remove abusive behaviour and bullying.
- Inform the coaches, mentor and/or the team managers if your child is unable to attend a match of training secession.
- Know the start and finish times of training and matches.
- Reply, where necessary to communications issued by club coaches, mentors/officials.
- Arrange to collect your child after training and matches.



## SUNCROFT GFC

---



- Attend games and training on a regular basis.
- Give advice to your child on the importance of maintaining a balanced lifestyle and attitude.
- Listen to what young people have to say.
- Never criticise playing performance.
- Where possible, assist in helping with equipment and organisation of activities associated with your child's participation in Suncroft GFC.
- Bring any concerns you may have in relation to club activities to the attention of their coach, mentor, or to the club's Children's Officer.

Breaches of this Code of Conduct and Best Practice by any member of the club will be dealt with in accordance with the disciplinary processes of the club, GAA and LGFA as appropriate.



# SUNCROFT GFC



## *Code of Conduct and Best Practice*

### *Supporters*

Suncroft GFC recognises that supporters (members and non-members) play a key role in relation to supporting the club and the various teams that the club fields. Players are eager to enjoy and benefit from the support they receive from parents, guardians, friends and other members of the club and community who attend our games as spectators and supporters. Active, loyal and well-behaved supporters are always welcome to attend and support our games, but they should be aware that their conduct will reflect upon the team, the players, sponsors and the club that they support and represent. Supporters should not attempt to meet their own needs for success, achievement or reprisal through their support for club teams. Supporters are there to support the team. Supporters are not there to put down the opposition or to admonish the officials.

Supporters can ensure that they have a beneficial impact on the club teams that they support by:

- Remembering that their conduct will reflect upon the team, players, sponsors and the clubs.
- Remembering that they have a responsibility to ensure that all spectators conduct themselves in an acceptable and well-behaved manner.
- Reporting unacceptable conduct by supporters to the officials in charge. The GAA and LGFA are family orientated organisations that encourage the attendance of young people and children at all games.
- Realising that the players from both teams are primarily participating in games so that they may enjoy themselves while also improving their skills levels.
- Uphold the principles of FAIR PLAY and RESPECT for all.
- Respecting the decisions of all officials. Unfortunately, some supporters believe that they can gain an advantage for their team by berating or abusing the officials. This is a false belief and in the vast majority of situations their team suffers rather than gains.
- Remember bad reputations are easy to get but next to impossible to get rid of.
- Avoid getting drawn into a herd or mob mentality. Be your own persona and do not get drawn into inappropriate behaviour by your peers or others in your surround.
- Applauding good performance and efforts from your team's players and from your opponents, regardless of the result.
- Respecting the efforts that the team and coaches have put in during the preceding days, weeks and months, in all kinds of weather, and stay to the end of the game to support them even when things are not going well.
- Condemning the use of violence in any form, be it by fellow spectators, coaches, officials or players.
- Demonstrating appropriate behaviour by not using foul language or harassing players, coaches or officials.
- Never entering the field of play, before, during or after a game, unless specifically invited to do so by an official in charge.
- Never ridiculing or scolding a player for making a mistake during games or competitions.
- Showing respect to your club's opponents. Without them there would be no games or competitions.

Breaches of this Code of Conduct and Best Practice by any member of the club will be dealt with in accordance with the disciplinary processes of the club, GAA and LGFA as appropriate.



# SUNCROFT GFC



## Discipline

The use of sanctions is an important element in maintaining discipline. Coaches have the authority to apply sanctions when deemed necessary, however, coaches and officials need to have an understanding of where and when particular sanctions are appropriate. The age and development stage of the player should be taken into consideration when using sanctions.

The following are examples of steps that can be taken:

**Minor offences:** Such as poor conduct or minor infringements to the rules.

The player will be spoken to (and where appropriate for underage the parents/guardian will be informed). If the offence continues, the coach can suspend the player from training and playing in games for a defined period.

**Serious offences:** Such as continuous breaches of discipline, refusal to carry out the instructions of the coach, wilful damage to club property or that of visiting teams or bringing the club into disrepute through the players actions during a training session, match or any event organised by the club.

In the event of such incidents occurring, the coach can ask the player to leave (and for underage the parent/guardian to collect their child from training/match) and suspend the player from playing or training for a defined period. The coach may also report the incident to the appropriate Sub-Committee or Executive Committee of Suncroft GFC if s/he deems necessary. On receipt of any such complaint the executive committee or sub-committee will investigate and recommend any further penalty deemed proportionate to the offence(s) involved.

**Underage Players Team Priority:**

If a player is asked by a club official or coach to play up at a higher level / age group their priority remains with their own age group i.e. if a player is U10 and is asked to join the U13 group, they must play their U10 matches and U13s as well if they can. If there is any conflict the U10 matches take priority.

Failure to play with, and give priority to, a player's own age group will result in the player not being allowed to play at any level other than at their own age group. This rule applies from U6 up to and including Minor.

## Declaration

I have read and understand this Code of Conduct and Best Practice. I hereby commit to adhere to the rules and practices outlined.

Signature(s) of Club player(s), Coach, Parent/Guardian, Member/Supporter

- 1. \_\_\_\_\_ Print: \_\_\_\_\_
- 2. \_\_\_\_\_ Print: \_\_\_\_\_
- 3. \_\_\_\_\_ Print: \_\_\_\_\_
- 4. \_\_\_\_\_ Print: \_\_\_\_\_

Signature of Parent/Guardian if appropriate: \_\_\_\_\_  
Print: \_\_\_\_\_

Date: \_\_\_\_\_



## SUNCROFT GFC



### Injury / Physiotherapy Policy

**Report -> Pay -> Reclaim**

#### Introduction

The GAA and the LGFA both run separate **mandatory** injury benefit schemes for their members. These **are injury benefit scheme**, they **are not insurance**. The schemes are entirely self-funded benefit cover which is in place only in respect of otherwise unrecoverable expenses. They are not in place to fully compensate but to supplement other covers such as National Health Insurance, Private Health Insurance or other personal income or accident protection. The schemes do not seek to compensate fully for injury but rather they seek to lessen the hardship to players, parents / guardians and officials.

Risk is an inherent factor in sport, as in life. When members voluntarily take part in club activities, they accept the risks that such participation may bring. **Ultimately the responsibility to ensure that adequate insurance or other cover is in place lies with the individual member (player or coach), commensurate with his or her specific needs.**

**Suncroft GFC DOES NOT pay for the treatment of injuries** sustained participating GAA or LGFA games or training. Suncroft GFC recommends that all parties participating in GAA and LGFA games have private medical insurance, or other suitable cover, in place.

The benefits under the GAA and LGFA injury benefit schemes are available only to current fully registered members, who incur otherwise unrecoverable expenses following accidental bodily injury sustained whilst participating on a team registered with the schemes, either in an official supervised training session or at an official fixture. There is no cover available under the schemes for charity or recreational games organised by clubs or members. Players who participate in such events do so completely at their own risk.

While the club does not have any responsibility whatsoever for any costs arising from an injury the Executive Committee of the club is aware of the financial burden that this can place on players or coaches in the event of them receiving an injury which requires treatment that is not covered by the HSE, personal insurance, or the GAA and / or LGFA injury benefit schemes. While always being mindful of protecting the financial viability of the club and available funds, the club may contribute towards the cost of three physiotherapy treatments, at the rate charged by the physiotherapist or €30 per treatment whichever is the lower. The clubs Injury / Physiotherapy report form must be completed and submitted within the seven days of the injury for any payment to be considered.

*Subject to available funds, where a valid claim is made to the GAA or LGFA Injury Schemes Suncroft GFC may provide some financial assistance. Any financial assistance provided is only done on the basis that any assistance provided is 100% reimbursed to Suncroft GFC when the Injury Scheme claim is settled.*

**PLEASE NOTE the GAA injury benefit fund coverage period is from January 1st to December 31st each year. It does not run parallel with GAA membership 1<sup>st</sup> April to 31<sup>st</sup> March. Any players or teams taking part in training or competitions at the commencement of a new year/season, from the 1st January, must ensure that they are registered for that year as cover for the previous year will have ceased on the previous December 31<sup>st</sup>.**

**The LGFA injury fund membership/coverage runs in parallel with LGFA membership, 1<sup>st</sup> June to 31<sup>st</sup> May.**



# SUNCROFT GFC

---



## **Responsibility:**

It is the responsibility of the individual player / parents / guardians / coach to ensure that they have adequate insurance or other cover is in place commensurate with his or her specific needs. It is the responsibility of the individual player / parents / guardians / coach to ensure that they are registered.

Suncroft GFC DOES NOT pay for the treatment of injuries sustained participating GAA or LGFA games or training. Suncroft GFC recommends that all parties participating in GAA and LGFA games have private medical insurance, or other suitable cover, in place.

The club has the responsibility to put in place a safe environment for supervised training sessions and official fixtures, but it has no responsibility whatsoever for any injury that a player or coach may suffer while training or playing unless the injury is caused because of the club being remiss in the provision of the physical infrastructure being used (pitch, goal posts, etc.). With regards to access to, and use of, the club's facilities for training and matches the club has Public Liability insurance in place. Any claim against the Public Liability insurance will have to be validated to the satisfaction of the insurance underwriters.

## **Treatment Supports:**

### **1) HSE:**

The HSE provides health and social services to everyone living in Ireland. Their services are delivered to young and old, in hospitals, health facilities and in communities across the country.

### **2) Claim through personal / schools / or other insurance:**

Any costs accrued due to injury should to be claimed through the players or coaches own personal medical insurance, school insurance schemes in the case of some younger members, or any other insurance.

Everyone's insurance policy will have specific strict reporting policies, procedures and deadlines for claims. Check your policy and make sure any claim is made on time, on the appropriate claims form, and that it has the correct supporting documentation attached.

Only claims that are not reclaimable through the player or coaches own private medical or school insurance may be submitted to the GAA and LGFA injury benefit schemes.

### **3) Claim through the GAA or LGFA Injury Benefit Scheme's as appropriate:**

These injury benefit schemes cover those registered to the schemes for injuries sustained in an official competitive or challenge game or an official and supervised training session. The injury benefit scheme's also cover club officers, team mentors and match officials (referees, umpires and linespersons) if registered to the injury benefit scheme.

The GAA and LGFA will only process claims for costs that are not reclaimable through the player or coaches own private medical, schools, or other insurance.

When an injury occurs, it must be recorded and correctly **reported to the club within seven days of the injury occurring**. The club will register the injury with the GAA or LGFA injury benefit scheme as appropriate and get an official **Claim Number**.



## SUNCROFT GFC



**For the GAA & LGFA injury benefit schemes** any claim must be submitted 60 days of the date of the match/training session where the injury occurred.

As a minimum the following will be required to make a claim:

- a) GAA/LGFA MEDICAL CERTIFICATION FORM COMPLETE
  - The injured party's doctor must complete and stamp the GAA/LGFA form.
  
- b) GAA/LGFA DECLARATION FORM COMPLETE
  - Form signed by the injured member.
  - Form signed by County Secretary
  - Form accompanied by letter from Club on official club headed paper.
  - Clubs Injury / Physiotherapy Form that was completed and submitted within 7 days.
  
- c) MEDICAL REPORTS
  - Medical Reports.
  - Receipts confirming payment/s was made.

*All documents must be originals and have the official Claim Number.*

The GAA & LGFA Injury Schemes have a €100 excess.

The GAA Injury benefit scheme does not cover any pre surgery physiotherapy.

Subject to the injury been reported within seven days the LGFA injury benefit scheme covers up to six physiotherapy treatments (including treatments to injuries that do not need surgery).

If additional physiotherapy treatments are required a full report must be submitted, by a registered chartered physiotherapist or physical therapist, to the LGFA for consideration, in advance of the treatments.

*To qualify for claiming from the GAA or LGFA Injury Benefit Schemes any physiotherapy treatment must be undertaken by an individual with an appropriate third level qualification, who are members of a regulatory professional body in line with their qualifications and who have appropriate insurance/ indemnity.*

The club will assist with processing claims to the GAA and LGFA injury benefit schemes however, ultimately the responsibility to ensure that adequate insurance or other cover is in place and that claims are made correctly lies with the individual member commensurate with his or her specific needs.

GAA and LGFA rules (GAA 2.1 (d) / LGFA 41 & 42) require that only members that have paid their membership can be registered as members of the associations or the club (and therefore with the injury benefit schemes). Any payment by the GAA or LGFA injury benefit schemes will only be made if club membership of the party claiming has been fully paid and registered. The GAA registration year runs from 1<sup>st</sup> January to 31<sup>st</sup> December. Members must register each year in advance of commencing training or playing to be covered by the Injury benefit schemes.

The terms of conditions, policies and procedures of the GAA and LGFA injury benefit schemes do change from time to time. Please ensure that you are aware of the current status of the scheme applicable to you;

- GAA Injury Benefit Scheme: <http://www.gaa.ie/news/gaa-injury-benefit-fund/>
- LGFA Injury Benefit Scheme: <http://ladiesgaelic.ie/resources/injury-fund/>



## SUNCROFT GFC

---



#### 4) Suncroft GFC Physiotherapy Treatment Support:

Suncroft GFC may only consider claims for a contribution towards the cost of physiotherapy that are not reclaimable through the player or coaches own private medical, school or other insurance and that are not reclaimable through the GAA and / or LGFA injury benefit schemes.

All treatment must be paid for upfront by the player / parent / guardian / coach to the physiotherapist. The player / parent / guardian / coach can only apply to the club for a contribution towards treatments that have been paid for.

#### The process for claiming towards physiotherapy treatments from Suncroft GFC:

- 1) Report the injury within 7 days on, a fully completed and signed, Club Injury / Physiotherapy Form.
- 2) Include a copy of the referee's report if the injury occurred at a game.
- 3) Submit original receipts, that confirm that the treatments have been paid for, within 21 days of the treatment.

*No payment will be considered if the injury form was not completed correctly and submitted within 7 days of the injury occurring. Payments by the club are subject to the funds being available from within the club's financial resources. The club reserve the right to update this policy from time to time as appropriate.*

***Tax relief for medical expenses incurred is available. Get a MED1 form.***

*If there are any conflicts between this policy document and the GAA or LGFA Injury Benefit Schemes the GAA and LGFA Injury Benefit Schemes takes precedence.*



# Suncroft GFC – Injury / Physiotherapy Report Form

1. This form must be completed and returned to the Secretary, Treasurer, Chairman or Assistant Treasurer within **7 days** of an injury.
2. Where an injury occurred at a match this form must have a **referee's report attached**.
3. This form must be **signed by the coach or manager** of the team you were with when the injury occurred. In the case of a coach injury the form must be signed by the manager of the team who was present at the time the injury occurred or if in the absence of a team manager by a committee member.
4. All treatment **must be paid for upfront** by the injured party. The **original receipts** must be returned to the Club Treasurer, Secretary or Chairperson, within **21 days** of the treatment.
5. The club may reimburse the injured party for up to **3 physiotherapy treatments**, at the rate charged by the physiotherapist or **€30** per treatment whichever is the lower.

Name:	
Membership Number:	
Contact Number:	
Team / Grade:	
Team Manager/Coach:	
Date of Injury:	
Type of Injury:	
Training / Match Details:	
Injury description?	
Has this injury occurred before?	
Detail of any treatment at time of injury:	
Was this injury notified to you and the referee at the time it occurred?	
Is the referees report attached? If not, why?	
Signature of Player:	
Signature of Manager/Coach:	
Date:	

*Tax relief is available for medical expenses. Get a MED1 form.*

Blank Page



**MEDICAL CERTIFICATION – FOR COMPLETION IN ALL CASES BY THE DOCTOR/ DENTIST ONLY WHO ATTENDED THE CLAIMANT.**

Cost of completion of the Medical Section of this claim form must be borne by the claimant

Web Reference

Patient's Name

Patient's Date of Birth

Address

Cause of disability and details of treatment administered / prescribed

Date of diagnosis

consulted you for this disability

(if known) If unknown, please give estimate

Has the claimant ever had this or a similar disability/treatment before? If Yes, please give date and detail Yes  No

Please Indicate if this injury is GAA related Yes  No

**Doctor's/Dentist's Declaration**

**I declare that to the best of my knowledge, the above information is accurate and correct and that the disability has been continuous as stated above.**

Name (block capitals)

Signature

Telephone Number

Date

**Stamp**  
(if no stamp available a business card or confirmation on the qualified practitioners headed paper must be submitted)

Blank Page

# Cumann Peil Gael na mBan

The Ladies Gaelic Football Association



## PRELIMINARY CLAIM FORM

To be received within eight weeks of the date of injury.

**N.B PERMISSION MUST BE SOUGHT FROM THE INJURY FUND CO-ORDINATOR FOR ALL PRIVATE TREATMENT PRIOR TO RECEIVING THE TREATMENT.**

Name of injured party:

Club:

Address:

  
  
  

Player registration number

Telephone Number:

Date of Birth:

Email Address:

**Employment Status** (Please tick as appropriate)

Student

Employed

Self Employed

Unemployed

**Private Medical Insurance:** Yes  No

Medical Card No:

**Vhi Insurance:** Yes  No

**Quinn Insurance:** Yes  No

**Aviva Hibernian Insurance:** Yes  No

**Other Insurance:** (Please Specify)

**Date of Injury:**

**Time of Injury:**

**Nature of Injury:**

**Brief Details of how injury occurred:**

**Injury occurred at the following:**

**Club:**

**County:**

**Training:** Yes  No

**Training:** Yes  No

**Game:** Yes  No

**Game:** Yes  No

Signature of Injured Party:

Date:

Signature of Parent/Guardian of Under 18 player:

Date:

Signature of Club Secretary:

Date:

Signature of County Secretary:

Date:

**Cumann Peil Gael na mBan**  
**INJURY FUND**  
**Claim Guidelines and Information**

**Introduction:**

- 1.1 The Injury Fund is a response on the part of Cumann Peil Gael na mBan (hereafter called the Association) to show concern for the welfare of those who are involved in Ladies Football and those who have registered with the Association.
- 1.2 There is no legal obligation on the Association to provide such a scheme and under no circumstances should it be interpreted as either Insurance or Indemnity. Risk is an inherent factor in sport, and when players voluntarily take part in games, they accept the risks.
- 1.3 The Injury Fund does not seek to compensate fully for injury but to mitigate against hardship to players and officials. It is intended to be a supplement to other Schemes where applicable.
- 1.4 Injury claims will be monitored on a claim by claim basis and a player who plays while receiving treatment may have her claim disallowed. Private treatment is defined as any treatment that is paid outside of the public health treatment system.

**Scope:**

- 2.1 The Fund applies to players on a team registered with the Association who incur accidental injury while playing ladies Football, either
  - (a) in the course of an official competitive game or challenge game, or
  - (b) in the course of an official and supervised team training session.
- 2.2 It also applies to Club Officers, Team Mentors, Match Officials i.e. Referees, Umpires and Linespersons, involved in Ladies Football and who have paid the appropriate Registration and Injury Fund Fee.
- 2.3 The Fund covers Adults and Youth members of the Association and also players registered with the Fund through Primary, Post-Primary and Third Level Schools and Colleges.
- 2.4 For the purpose of the Fund, an Adult is a Full Registered member of the Association who is 18 years of age or over on the 1st January of the year. A Youth is a Full Registered member of the Association who is under 18 years on the 1st January of the Year.
- 2.5 The Scheme operates from June 1st each year to May 31st the following year.

**Registration:**

- 3.1 All players must be registered with the Fund.
- 3.2 Exemptions from this are:
  - (a) Players participating in official schools competitions.
  - (b) Non playing members of the Association whose participation shall be optional.
  - (c) New York and North America.
- 3.3 Clubs and other units of the Association must submit their Registration by 1st June each year. The registration year commences on 1st June each year and terminates on the 31st May of the following year.
- 3.4 Any player or club registering or affiliating to the Association after 1st January in any year shall be included in the fund up to and including 31st May of the following year.
- 3.5 In the case of a player registering with an existing club between 1st January and 31st May of a particular year, she must be included on the registration form for the new registration year.
- 3.6 Refunds of subscriptions will not be considered.

**Funding:**

- 4.1 The Injury Fund shall be solely funded by subscriptions in respect of teams registered by Clubs, Schools and Colleges, and also by those voluntarily joining the scheme as a non-playing member.
- 4.2 The Subscription to the Fund shall be determined by Central Council of the Association from time to time. Present rates shall be €25 for an adult and €10 for a juvenile and €5 for an under 10's Player.
- 4.3 An Adult player paying €25 will be entitled to be considered for the payment of wages or salary lost together with medical expenses only.
- 4.4 An under-age player paying €10 or €5 will be entitled to be considered for payment of medical expenses only.
- 4.5 The Subscription for non-playing members shall be €25, which will entitle the applicant to be considered for the payment of wages or salary lost together with medical expenses only.

**Benefits:**

- 5.1 DENTAL  
Unrecoverable dental expenses up to a maximum of €3,000.
- 5.2 MEDICAL  
Unrecoverable medical expenses up to a maximum of €5,500 payable for any one injury.
  - (i) Physiotherapy is required to be carried out by individuals with an appropriate third level qualification, who are members of a regulatory professional body in line with their qualifications and who have appropriate insurance/indemnity. 90% of Physiotherapy costs may be paid.
  - (ii) Travel Expenses and any medical aids are not covered under the Scheme.
- 5.3 LOSS WAGES
  - (i) Applicable to adults and under-age who are in employment and who have paid the €25 Subscription.
  - (ii) Unrecoverable loss of basic wages, excluding overtime, bonuses, unsociable working hours etc. are payable for a maximum of 20 weeks. Social Welfare and any other entitlements will be considered as recoverable income and will be deducted from the Basic Wage figure. The maximum benefit payable per week amounts to €200.
  - (iii) It is recommended that an underage player in full or part time employment, pay the adult rate, as that would allow the player to claim loss of wages. The conditions in part (ii) also apply.

**Exclusion:**

- 6.1 The Scheme shall not apply in the case of a player/official
  - (a) Who is injured during a game as a result of an assault wherein the claimant has been the aggressor.
  - (b) Whose injury arises from a pre-existing physical defect or infirmity or from the use of alcohol or drugs.
  - (c) Who may be pregnant, suffering from concussion etc. Should she play, shall do so entirely at her own risk and the Association cannot be held responsible for any consequences that may arise.
- 6.2 In the event of an application made by any member which in the opinion of Central Council is not a bonafide application and which is made for the purpose of obtaining payment to which they are not entitled, the application shall be declared void. Furthermore, Central Council shall be at liberty to suspend both the applicant and the persons who countersigned the application form for an indefinite period, and make an order for repayment of any monies that may have been made in respect of the application.

**Claims Procedure:**

- 7.1 The Injury Fund Co-ordinator shall be responsible for the day-to-day operation of Fund on behalf of Central Council.
- 7.2 All submissions of claims must be made within two months of the date of injury to the Injury Fund Co-ordinator.
- 7.3 All forms can be downloaded from the official Ladies Football website at [www.ladiesgaelic.ie](http://www.ladiesgaelic.ie).
- 7.4 Claim Forms must be completed and signed by the injured player, team trainer and counter signed by the Club Secretary as a declaration of authenticity. This must then be forwarded to the County Secretary and duly signed as a declaration that (s)he has been officially notified beforehand of the injury. The claim documentation must incorporate:
  - (a) Loss of wages claims, Employers Certification stating the amount of loss of basic earnings together with the last four payslips.
  - (b) A copy of the Referee's Report if the injury was sustained in an official match.
  - (c) The official in charge of a team must sign the claim if the injury occurred in an official training session or challenge match.
  - (d) A letter from the appropriate Secretary as to whether permission had been granted for a challenge match if the injury occurred in a challenge match.
  - (e) All original receipts, Photocopies will not be accepted.
  - (f) If the applicant has suffered from a previous injury and received payment from the Injury Fund, the reference number from the claim should be included under Section 9 of the Application Form.
- 7.5 Any request for private treatment must be supported by documentation from a Medical Practitioner to show the reasons why private treatment is necessary. Physiotherapy sessions shall be limited to six sessions. If further sessions are required a full report should be submitted by a registered chartered Physiotherapist or registered Physical Therapist. Further payment will only be considered on receipt of this report.
- 7.6 If a submitted claim is not fully documented, the necessary documents will be requested by the Injury Fund Co-ordinator, or declared void.
- 7.7 All payments will be made directly to the applicant. Under no circumstances will payments be made to Clubs, County Boards or any institution involved in treating the injury.
- 7.8 Where claims are late being received by Central Council and if the delay is due to the Club or County Secretary, the Club or County Board may then be held responsible for the payment of the claim.
- 7.9 **GUIDELINES FOR PLAYERS**  
Report any suspected injury.  
When completing the Application Form, please print your name and address clearly under Section 1 so as to avoid confusion and misdirected mail.  
Keep (a) copy of everything forwarded re: claims and also (b) any correspondence received when claims are made.
- 7.10 **GUIDELINES FOR OFFICIALS**  
Report injuries in writing to the appropriate County Secretary. Ensure that a plentiful supply of all forms are available.  
Establish a register of claims to record when notification was received and when claims were received and forwarded.



**BE READY FOR JAN 2021**

**LOTTO SUBSCRIPTION**

Name	
Address	
Email Address	
Telephone No.	
Ticket Seller	
Commencement Date	
Preferred Payment Method (Please Circle)	Cash / Cheque <span style="margin-left: 150px;">Direct Debit</span>
Costs (Please Circle)	€8.50 per month or €25 per quarter or €50 every 6 months or €100 annually <small>(All options available by direct debit, cash or cheque 6 months of annually only)</small>

**LINE 1**

Your 4 numbers (select from 1 to 28 inclusive)

--	--	--	--

*To confirm please mark 4 numbers below also.*

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	22	23	24
25	26	27	28

**LINE 2**

Your 4 numbers (select from 1 to 28 inclusive)

--	--	--	--

*To confirm please mark 4 numbers below also.*

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	22	23	24
25	26	27	28

Completed form, with payment or DD mandate, should be returned to club secretary, Mag Malone.

By Hand to: Mag Malone or any Club team coach or executive.

By Post to: Mag Malone, 7 Clorane Brook, Ballysax, The Curragh, Kildare, Ireland

By e-mail to: [secretary.suncroft.kildare@gaa.ie](mailto:secretary.suncroft.kildare@gaa.ie)

Also available on-line @ [www.suncroftgfc.com/shop](http://www.suncroftgfc.com/shop)





# STANDING ORDER SET UP FORM

Suncroft Gaelic Football Club

To: The Manager

Branch Address

I /We hereby authorise and request you to debit my / our account

Account Name

Number

Sort Code

IBAN

The Sum Of: €

In Words

Start Date Payments to start on (Date)  /  /     and subsequently every:

Frequency Monthly  Every 3 Months  Every 6 Months  Annually

thereafter until further notice.

### Please Credit the following Beneficiary account

If this new S/O replaces an existing S/O to the same beneficiary account number please Tick YES.

YES  (I request the cancellation of my existing S/O to the same beneficiary and set up a new S/O as detailed below)

Account Name

Bank

Number

Sort Code

IBAN

Beneficiary Reference

*(This reference will appear with the payment in Suncroft GFC's account. We recommend that you write your name as a reference here as this will enable the accurate identification of the payment)*

Signature  Date

Signature  Date

**Please allow 5 working days prior to the first payment due date.**



# STANDING ORDER SET UP FORM

Suncroft Gaelic Football Club

To: The Manager

Branch Address

I /We hereby authorise and request you to debit my / our account

Account Name

Number

Sort Code

IBAN

The Sum Of: €

In Words

Start Date Payments to start on (Date)  and subsequently every e.

Frequency Monthly  Every 3 Months  Every 6 Months  Annually   
thereafter until further notice.

### Please Credit the following Beneficiary account

If this new S/O replaces an existing S/O to the same beneficiary account number please Tick YES.  
YES  (I request the cancellation of my existing S/O to the same beneficiary and set up a new S/O as detailed below)

Account Name

Bank

Number

Sort Code

IBAN

Beneficiary / Reference

(This reference will appear with the payment in Suncroft GFC's account. We recommend that you write your name as a reference here as this will enable the accurate identification of the payment)

Signature  | Date

Signature  | Date

Please allow 5 working days prior to the first payment due date.