

**BANGOR RUGBY FOOTBALL CLUB**  
***Safeguarding Policy Section 3.4***

**IRFU Guidelines on Age-Grade Players and Alcohol, Smoking,  
Supplements and Positive Mental Health**

**ALCOHOL**

Bangor Rugby Club does not condone or facilitate the consumption of alcohol by Age-Grade Players, to comply with the 'Registration of Clubs NI Order' related to under-age alcohol consumption and for the benefit of the health and wellbeing of Age-Grade Players.

- Age Grade Players will not be served alcohol by any person on bar duty in the Club premises.
- The purchase of alcohol from the Club bar to be consumed by Age-Grade Players on or off the premises is not permitted.
- An Age-Grade Player who is suspected of consuming alcohol will be asked to leave the club facilities and their parents or guardian will be informed.
- An Age-Grade Player will not be permitted to train or play if their coach suspects that they are under the influence of alcohol before a match or training session and their parent(s) or guardian will be informed.
- An Age-Grade Player is not permitted to consume alcohol while representing the Club at a function or an away fixture or tournament.

**SMOKING**

- Smoking should be avoided by the Age-Grade Player. Smoking is a serious health risk. It should play no part in a player's lifestyle.
- Bangor Rugby Club will enforce the statutory requirements in relation to smoking on the premises.

**NUTRITION and SUPPLEMENTATION**

- Bangor Rugby Club encourages good eating and drinking practices by Age-Grade Players to support optimum performance and recovery from training, matches and/or injury.
- Bangor Rugby Club does not recommend the use of protein supplements by Age-Grade Players.
- Bangor Rugby Club strongly supports the advice of the IRFU against the use of nutritional ergogenic aids, in particular creatine, by Age-Grade Players.
- Age-Grade Players with medical conditions (for example diabetes, asthma, coeliac disease and nutritional allergies) should receive appropriate medical and nutritional advice to assist their optimum performance.

**POSITIVE MENTAL HEALTH AND AGE GRADE PLAYERS**

Rugby can contribute positively to the Age-Grade Player's mental health, helping them to feel good about themselves and cope with everyday pressures in their lives.

Sport can make a positive contribution if the Age-Grade Player's experience of sport reflects sport's positive values, such as fun, inclusion and fair play. However, research has shown that when contested in a harmful environment sport can negatively impact on a child's life, highlighting the need for Club's to safeguard a player's health and well-being.

Sports Leaders will endeavor to encourage Age-Grade Players to:

- Have control over their emotions and their behavior both on and off the pitch.
- Be aware of their thoughts and feelings towards themselves and others
- Manage their thoughts and feelings rather than becoming overwhelmed.

Our coaches will strive to create an environment where individual players can ask for and find help if they come under stress or face a challenge that they cannot handle.

Bangor Rugby Club will promote mental health among Age-Grade Players within the Club environment and will participate in any initiatives endorsed by the IRFU or government agencies to support positive mental health among our players and coaches.