



PLAYER INSURANCE

We strongly recommend that each player has their own personal accident cover when playing Camán Abú and Peil Abú.

DISCLAIMER

As every player has different insurance needs, it is the decision and responsibility of each player to ensure they are adequately covered in accordance with their specific requirements, in the event that they sustain an injury while participating in a Camán Abú and Peil Abú games. The Gaelic Athletic Association takes no responsibility for injuries that may occur and players are participating at their own risk.

PERSONAL ACCIDENT COVER

Please make sure that both you and your team mates are adequately covered for any injury that may occur while playing Camán Abú and Peil Abú. The Gaelic Athletic Association strongly recommends that every player has their own Personal Accident Cover when playing the game, which you can purchase from your local financial adviser.

REGISTRATION FORM

Each time you play Camán Abú and Peil Abú ,you (and all your team mates) must sign the registration form, which is available from the Coordinator , before your first match.

Every player must sign the registration form before each game. The completed team registration form, which should be printed and signed by each team member, should then be handed to the Referee / Centre Coordinator before the match starts.

PERSONAL PROPERTY

The Gaelic Athletic Association takes no responsibility for, and hereby, excludes liability to the fullest extent permitted by law, for any personal injury or loss or damage to any personal property sustained while playing Camán Abú and Peil Abú or while present at any Gaelic Athletic Association approved centre.

THIRD PARTY ORGANISATIONS

All players use the services of third party organisations at their own risk.

HEALTH CHECK-UP

The Gaelic Athletic Association recommends that all players, who have health-related concerns about taking part in either Camán Abú and Peil Abú games, visit their local GP for a health check-up before participating in the Event – see the Organisational Guidelines and Playing Rules (p. 4)

HEALTH & SAFETY

Health and safety while playing Camán Abú and Peil Abú is hugely important to us. We strongly recommend that every team has adequate Personal Accident Cover insurance in case of an accident or injury. All players should also do a 10 minute warm up and cool down routine before and after each game.

Experts tell us that taking on board lots of water while exercising is very important so we have provided you with some tips on that, while you should also be aware of the first aid facilities available at your venue, as well as local emergency contact numbers.

FIRST AID

Camán Abú and Peil Abú are both a non-contact sport that is an enjoyable, fun and active way to keep fit and healthy throughout the year. As in all sports, some injuries may occur the most common are muscle strains and pulls, as well as some minor bumps and bruises. More serious injuries can also occur, especially to fingers and thumbs.



The following procedures have been introduced by us to minimise the number of injuries:

Insurance:

As every team has different insurance needs, it is the decision and responsibility of each team to ensure they are fully covered in accordance with their specific requirements when participating in an Camán Abú and Peil Abú event.

The Gaelic Athletic Association strongly recommends that each team invests in suitable insurance cover.

Alcohol and Recreational Drugs:

Alcohol and recreational drugs pose significant risk of injury to yourself and other players. Because of this, the Gaelic Athletic Association reserves the right to disqualify any team if we suspect a player is under the influence of alcohol and/or drugs.

Team Category:

If your team is playing at the correct standard, both you and your opponents will have a similar level of experience regarding the flow of the game. This may help reduce the number of accidental collisions between players, therefore make sure your liaise with the centre coordinator to ensure team is entered in the category that is suitable for your standard.

Injury Prevention:

As with any sport, injuries can occur. The risk of accidents/injuries can be minimized by complying with the playing rules and regulations of Camán Abú and Peil Abú and by following these simple guidelines:

A. Equipment:

For health and safety reasons all games must only be played at an officially recognised Centre and only with official Camán Abú and Peil Abú equipment.

B. Footwear:

The best footwear for Camán Abú and Peil Abú is moulded or rubber-studded boots, as they give you more grip to run on grass. Runners are okay but are not recommended in wet conditions, as you can easily slip and hurt yourself or another player.

C. Eye Protection:

Although Camán Abú and Peil Abú are non-contact games, there can be some contact made between players. Therefore, spectacles and sunglasses are not allowed while playing and, for the health and safety of all players, this rule will be strictly enforced. If you need to wear corrective lenses, please wear either contact lenses or prescription polycarbonate goggles, which have been designed especially for sports use. All eye protection should fit securely and have cushions above your eyebrows and over your nose.

D. Jewellery

Players are not allowed to wear any jewellery (of any material), watches, rings, bracelets, necklaces, earrings, rubber wrist bands etc during games. If the referee spots a player wearing jewellery, they will be asked to leave the pitch immediately until it has been removed. This player cannot be substituted while off the pitch. If certain jewellery, such as wedding rings, bracelets etc, cannot be taken off, they must be completely covered in tape so that no part is free to move and no sharp or raised edges are exposed. Please note that elastic wrist bands are not allowed, as opponents may get their fingers caught in such bands in particular when tagging in Peil Abú

E. Warming Up/Cooling Down

Please make sure that you and all members of your team warm up before and cool down after each match you play. You can find exercises in warming up and cooling down listed on the back of your team's registration form. The Gaelic Athletic Association provide players with suggested warm up and cool down exercises in order to reduce injuries, such as muscle strains. However, each player is ultimately responsible for their own pre-match and post-match exercises.

CAMÁN ABÚ & PEIL ABÚ

WARM UP GUIDELINES



WHY WARM UP?

Warming up helps you prepare the muscles and mind for both physical and mental exercise and reduces the risk of injury. The aim is to gradually increase heart rate and circulation of blood flow to muscles and put the body through the range of movements you will perform during the game.

WHAT CONSTITUTES A GOOD WARM UP?

A good warm up should start at a low level intensity to gradually increase muscle temperature and your heart rate.

This should be followed by a portion where movement mimics what will happen during a match, such as shuffling, side stepping, back pedalling, accelerating etc. This section of the warm up should include some work at the intensities expected during the actual game.

The last part of a good warm up is stretching of the important muscles for 5 seconds.

WARM UP LENGTH

The length of a warm up session will vary, depending on your fitness but generally you should allow at least 10 minutes. Your warm up should be completed within 10 to 15 minutes of your expected match start time.

WARM UP ROUTINE

If you have an injury or medical condition and/or if you are uncertain about your level of fitness, please seek advice from your doctor or chartered physiotherapist before attempting the following warm up routine or before returning to participate in Camán Abú and Peil Abú

1. General Exercise
2. Specific Exercises for Camán Abú and Peil Abú
3. Dynamic Flexibility
4. Camán Abú and Peil Abú Specific Activities
5. Cool Down at End of Game

GENERAL EXERCISE

Start your warm up with some light jogging, back pedalling and shuffling from side to side, all of which will increase your heart rate and muscle temperature. This phase should last about 5 minutes and should increase body temperature to the point of sweating.

SPECIFIC EXERCISES FOR CAMÁN ABÚ AND PEIL ABÚ

Camán Abú - Practice basic movements with the sliotar e.g.

- A. Ground Striking Exercises:
 - (i) Two Players – Striking one-to- one on the ground, without raising the hurley above shoulder level at a distance of 20 -25 metres apart, gradually increasing speed. Alternate between strong and weak sides.
 - (ii) Four Players – In a square 20-25 metres. One sliotar to begin with. Player 1 strikes ball on ground from strong side to receiver at next station who blocks and strikes sliotar to next player. Play is continues in this fashion until all four players have participated. In order to add an element of speed to the exercise a second sliotar may be introduced at station three.
- B. Dribbling Exercise :

Arrange 3-4-5 lines of bollards/cones 5 metres apart for a distance of 20 metres. Players line up behind each other in groups of 3 or 4 (depending on numbers present). On whistle, first player in each group dribbles sliotar around each bollard/cone to end of line and back to base, to be followed immediately by second player of group and so on. Commence exercise with one handed grip until all players have participated. Change to two-handed grip for second part of the exercise.



Peil Abú – Practice basic movements with the football e.g.

A. Passing Exercises:

- (i) Punch Pass – Jog pace. Group of four players. Using the length of the pitch all four jog in the same direction. Player 1 takes four steps and punch passes to Player 2 who repeats with Player 3 and Player 4. Alternate strong and weak hand.
- (ii) Hand/Foot Pass – Two groups of two – five players. Two players face each other 3-15 metres apart. The other players line up behind them. Player 1 (Group A) fist/foot passes to Player 2 (Group B) who is advancing. Player 1 then moves quickly to the end of group B. Player 2 passes to Player 3 who is advancing and Player 2 then moves quickly to the end of Group A and so on.

B. Catching Exercise:

Using cones, set out a 25 metre square. Group of four players. Players jog around. Kick ball high for another member of the group to catch. Continue with same pattern. Change direction of movement and vary the nature of the catch i.e. body catch, low catch, overhead catch.

C. Kicking Exercise:

Using cones, set out a 20 metre square. Group of four players. Punt ball from corner around square at a flat trajectory . Ball collected in one bounce or less. Players remain stationary. Use both right and left foot.

COOL DOWN AT END OF GAME

After playing the game, you should do a warm down. Ideally this will involve a light jog, followed by a set of the stretches mentioned above. This will:

- Allow your heart rate to reduce and breathing to return to normal.
- Prepare your muscles for the next exercise session, enabling you to compete again at the same level within a short period of time (important if playing in a blitz).
- Remove waste products, such as lactic acid, from your muscles.
- Reduce the post exercise tendency of muscle spasm.
- Decrease the amount of muscle soreness/stiffness experienced.