



**Irish Heart
Foundation**

GAA Slí na Sláinte

Walking route set up guide



Irish Heart Foundation

www.irishheart.ie, tcurran@irishheart.ie, 01-668 5001



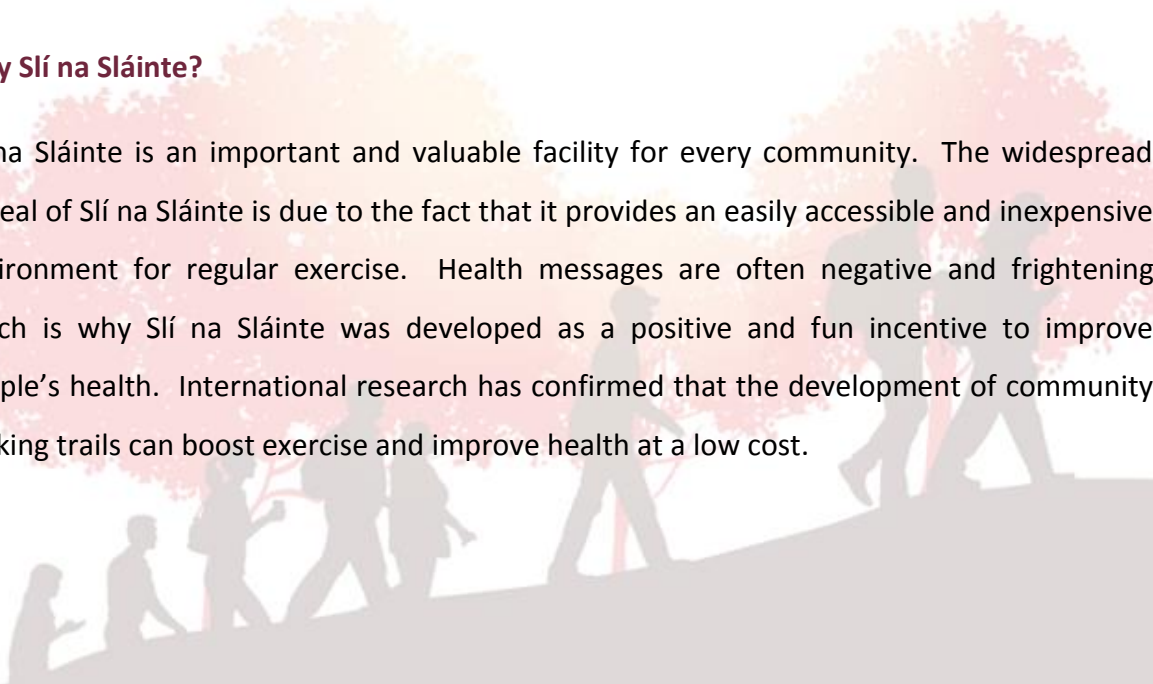
An introduction to Slí na Sláinte

Slí na Sláinte is an innovative scheme developed by the Irish Heart Foundation and supported by the HSE to encourage people of all ages and abilities to walk for leisure and good health. Slí routes use attractive signage at kilometre intervals to encourage people to walk more frequently and to enjoy the benefits of a healthier lifestyle. To date there are over 220 community routes around the country with over 200 in workplaces, 3rd level institutes and schools.

GAA clubs are at the heart of every community. In recent years the Irish Heart foundation has joined forces with the GAA to develop Slí na Sláinte routes around club grounds. This union brings together two national organisations with a commitment to promoting physical activity within the community.

Why Slí na Sláinte?

Slí na Sláinte is an important and valuable facility for every community. The widespread appeal of Slí na Sláinte is due to the fact that it provides an easily accessible and inexpensive environment for regular exercise. Health messages are often negative and frightening which is why Slí na Sláinte was developed as a positive and fun incentive to improve people's health. International research has confirmed that the development of community walking trails can boost exercise and improve health at a low cost.




How to develop a GAA Slí na Sláinte route

1. Form a Slí na Sláinte development committee

The committee can be made up of a few as 2 people but should represent the GAA club and the local community. There is also the option of contacting your Local Sports Partnership or Local Authority who may wish to be involved.

2. Funding the Slí na Sláinte

The funding of the route is the responsibility of the GAA club. Please contact the Irish Heart Foundation or your Local Sports Partnership for advice on funding. The typical cost of developing a GAA Slí na Sláinte is outlined below ex VAT. VAT on signage is @ 23%. Consultation fee of €150 applies and covers the cost of 2 site visits for the consultation and launch.

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|----------------------------------|---------|
| • A1 map board for wall mounting | €115.00 |
| • Design charge | €95.00 |
| • Delivery charge | €30.00 |

3. Contact Irish Heart Foundation

If you decide that a Slí na Sláinte route would be a good fit for your club or would just like some more information please contact the Irish Heart Foundation on 01 6685001 or email tcurran@irishheart.ie to schedule a consultation.

4. Signage installation

Signage is installed by the GAA Club.

5. Launch the route

Once the signage has been installed the route should be launched to the community. This is an opportunity to get the whole community involved and promote awareness of the route.

Examples of a GAA Slí na Sláinte

Map boards display important information about the route; they are located at the starting point. They usually wall mounted but other options are available and they are available in a variety of sizes.

Slí na Sláinte
Adare GAA Slí na Sláinte

Handball Alley / Hurling Ball Alley
Dug Outs
Adare GAA Slí na Sláinte - 500mtrs
Club House
Car Park
Start/End Here
Blackabbey Road

IRISH HEART FOUNDATION
www.irishheart.ie
www.stroke.ie

For health benefits you need to walk at a hearty pace for at least 30 minutes 5 days of the week. You can accumulate the 30 minutes or more over two or three shorter sessions.
You should be able to walk 3kms in 30-40 minutes depending on your pace.
Slí na Sláinte is a health promotion initiative of the Irish Heart Foundation aimed at encouraging people to walk on a regular basis.

GAA
County Limerick Local Sports Partnership
Supported by County Limerick Sports Partnership
Sponsored by Bill Chewkas Bar

Slí na Sláinte
Bray Emmet's GAA Slí na Sláinte

Old Connaught Avenue
Car Park
Start/End Here
Club House
Pitch 1
Pitch 3
Pitch 2
3G Pitch
Bray Emmet's GAA Slí na Sláinte - 1.2km

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GAA
Bray Emmet's GAA
Supported by County Limerick Sports Partnership





Tara Curran

Health Promotion Department – Slí na Sláinte Coordinator

Irish Heart Foundation

tcurran@irishheart.ie

Tel: 01 668 5001



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

