



GPA Annual Report 2025

WELFARE HIGHLIGHTS

CARDIAC SCREENING

Continued our important focus of supporting cardiac health for our members. We **screened 509 players in 2025**, with an additional 584 female players receiving cardiac screening as part of the Female Health checks programme.

6.09% of players screened through our cardiac screening programme, were recommended a cardiac follow up.

The GPA through representation on the GAA Medical scientific and Welfare committee have also assisted in the development of an updated Cardiac Health Policy

FEMALE HEALTH CHECKS

584 players availed of the Female Health Check programme in 2025. The GPA Female Health Check programme, delivered with Medel Healthcare, provides female players with access to specialised medical screening and support that promotes early detection of health issues, improved wellbeing, better performance, and long-term health protection.

UPMC PRIORITY ACCESS TO CARE PATHWAY

UPMC continue to support GPA members throughout their playing career. 23 players were assisted with improved access to scans, consultations and physio support through our UPMC pathway.

PAST PLAYER MEDICAL & SURGICAL FUND

15 past players accessed **€98,000 in financial support** through our joint GPA & GAA past player medical or surgical intervention fund in 2025.

HRIG HAMSTRING SCREENING INTERVENTION AND PREVENTION PROGRAMME

This joint GPA and GAA programme helps players assess and reduce their risk of hamstring injury using the HRig screening system. It supports players with previous or current hamstring issues, as well as those looking to better understand their injury risk. Through screening, rehabilitation, and preventative exercises, the programme helps players recover safely and return to training and match play with confidence.

In 2025, 25 players were screened across four provincial screening locations as part of the programme. Now in its third year, the initiative continues to support players managing complex hamstring injuries, while the insights from screening reports are helping inform the potential development of new hamstring injury mitigation initiatives and resources for players.





WORLD PLAYERS HEALTH AND SAFETY SUMMIT

The GPA attended the inaugural World Players Health and Safety Summit, hosted by the World Players Association in Mataró, Spain. The conference brought together global player associations, athlete welfare experts, and sports stakeholders to address emerging risks to athlete health and wellbeing and share best practices for safeguarding professional athletes.

Key discussion areas included managing increasing player workload and congested competition schedules, supporting athlete mental health, concussion and injury risk, online abuse of athletes, and the importance of gender-specific approaches to athlete health.

The summit reinforced the need for player-centred decision making, with player unions collaborating globally to improve welfare standards and ensure athlete health and safety remain a priority in the governance and organisation of sport.