

Protective Equipment Policy

The following information has been published by the AFL as a position statement on the role of helmets and mouthguards in Australian Football. It is based on advice provided by the AFL Concussion Working Group and AFL Medical Officers Association - July 2012.

Helmets

- *There is no definitive scientific evidence that helmets prevent concussion or other brain injuries in Australian football*
- *There is some evidence that younger players who wear a helmet may change their playing style, and receive more head impacts as a result*
- *Accordingly, helmets are not recommended for the prevention of concussion*
- *Helmets may have a role in the protection of players on return to play following specific injuries (e.g. face or skull fractures)*

Mouthguards

- *Mouthguards have a definite role in preventing injuries to the teeth and face and for this reason they are strongly recommended at all levels of football*
- *Dentally fitted laminated mouthguards offer the best protection. 'Boil and bite' type mouthguards are not recommended for any level of play as they can dislodge during play and block the airway*

There is no definitive scientific evidence that mouthguards prevent concussion or other brain injuries in Australian Football.

This document has been produced to clarify the Club's position on the wearing of protective equipment in training and games such as mouthguards and helmets.

MOUTHGUARDS

The CJFC supports the YJFL Policy, and complies with their policy regarding mouthguards, "No mouthguard - No Play!"

Our Club policy is that a mouthguard must be worn by every player at all times on the football ground, at training and on match day. There are no exceptions to this policy. It is the parent's responsibility to ensure that the mouthguard is worn. It is not the responsibility of the Coach or Canterbury JFC to ensure the mouthguard is worn. If the Coach is made aware that a player is not in possession of a mouthguard, then the Coach will not allow that child to play for the remainder of the game, or until such time as they have a mouthguard to wear/use. Players presenting to training without a mouthguard may be assigned non-contact training at the Coach's discretion, but may be excluded from training all together.

HELMETS

Helmets are not compulsory at CJFC, however should be considered as parental choice for players to wear both at training and on match day.