

ALTONA JUNIOR FOOTBALL CLUB



MOUTHGUARD POLICY

The Altona Junior Football Club (AJFC) have implemented a Mouthguard Policy for all players. All players **MUST** wear a mouthguard on game day. All players are also strongly recommended to wear a mouthguard when participating in physical training drill at training.

Introduction & Rationale

Every year thousands of people are treated for dental injuries that could have been avoided by wearing a protective, custom-fitted mouthguard. Wearing a custom-fitted mouthguard helps to absorb and spread the impact of a blow to the face, which may otherwise result in an injury to the mouth or jaw.

Dental injuries can result in time off school or work to recover, can be painful and disfiguring, may involve lengthy and complex dental treatment. The cost of an injury to the teeth or jaw far exceeds the cost of a mouthguard.

Types of Mouthguards

Custom fitted mouthguards are superior to over-the-counter mouthguards and are made from a dental impression and/or plaster model of the teeth. They provide the best protection fit and comfort for all levels of sport.

Altona Junior Football Club Rights & Responsibilities

The AJFC will continue to provide the opportunity for all members to access a custom mouth guard fitting prior to the season commencing, via a reputable dental specialist of current committees' choice. It is not compulsory for members to utilise this option.

The AJFC cannot guarantee that any injury as a result of not wearing a mouthguard will be covered by our insurance, and therefore will not be responsible for any harm, damage, medical costs or loss of income associated with any injury while not wearing a mouth guard.

The Mouthguard Policy

Considering the safety and protection benefits presented by mouthguards, the committee voted unanimously to instigate a mouthguard policy with immediate effect in November 2016.

- Mouthguards are mandatory and are required to be worn by at all games.
- The club will operate a strict 'No Mouthguard, No Play' policy without exception.
- Coaches and Managers will encourage all players to comply and are required to remove known non-complying players from game environments until such time as they comply.
- We strongly recommend that a mouthguard is also work during physical training sessions

The AJFC's priority is to deliver the highest standards of safety on and off the field at all times. This policy is implemented as part of this objective. By registering your child with the AJFC you agree to abide by this policy.

Exceptions

The AJFC understands that in certain genuine medical circumstances a player may not be able to wear a mouthguard. An Application for Exemption to play football without a mouthguard must be completed and this will be supported by a current doctor certificate for that relevant season with clear reasoning and or explanation as to the inability to observe this Mouthguard Policy. Committee will review application and determine outcome. Committee decision is final.