



Brunswick Junior Football Club Inc
Affiliated with Yarra Junior Football League

P.O. Box 83, Brunswick South, Victoria 3055
www.brunswickjfc.org.au

Club Policy No. 8 - Safety Policy

General

- Players should apply sunscreen prior to commencement of play and reapply it during breaks in play on sunny days;
- All players should make sure that they are fully aware of the rules of the game, particularly as they relate to safety;
- All players **must** wear a mouthguard at all times during both training and competition. If possible, players should wear custom-made or professionally fitted mouthguards;
- Players with a history of head injury should seek professional advice about the appropriateness of wearing headgear;
- Players with a history of ankle injury should wear some form of external support (eg. taping).

Pre-season safety

Parents and guardians should satisfy themselves that the children for whom they are responsible are medically fit to participate, and sustain the rigours of junior football. Should parents/guardians have any doubts as to the medical fitness of their child they should consult a suitably qualified physician for guidance.

Pre-game safety

- All players should warm-up for about 10-15 minutes before the commencement of each game. This should include stretching to increase flexibility and slow jogging which progresses to more intense running activities, with and without a football;
Note: the Coach will provide an outline of the appropriate warm-up routine.
- Players should have a balanced, nutritional diet; and
- Players should ensure that they are adequately hydrated (ie. had enough water) before training and matches.

Adopted 2010