



MOUTHGUARD AND HELMET POLICY

Mouthguards

It is IJFC policy that all players must wear a mouthguard at all times when training and playing games.

Wearing a mouthguard is also a requirement of both the Yarra Junior Football League under which all teams compete, and of our insurer. IJFC supports the AFL Position Statement on mouthguards.

Helmets

IJFC does not endorse the use of helmets for training or games.

IJFC adopts the AFL Position Statement on the wearing of helmets. The AFL is a world leader in research on head injuries and their prevention, and released a statement in 2012 following much consideration. IJFC supports this approach and encourages all parents to read the AFL documents in this regard: AFL Management of Concussion.

The club understands that some parents may choose for their child to wear a helmet while playing AFL football. This is acceptable at both training and in games.