



# HORNSBY BEROWRA EAGLES JUNIOR AFL CLUB



## MOUTH GUARD POLICY

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**MANDATORY & ENFORCEABLE MOUTH GUARD POLICY FOR  
ALL REGISTERED PLAYERS APPLICABLE DURING ALL 'ON FIELD' ACTIVITIES  
FOR COMPETITIVE AND NON COMPETITIVE AGE GROUPS (U9 – U16 INCLUSIVE)  
INCLUDING TRAINING AND GAMES.**

**THE POLICY IS RECOMMENDED BUT NOT MANDATORY FOR AUSKICK  
PLAYERS.**

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### INTRODUCTION

Millions of teeth are knocked out each year from sports-related injuries because the unlucky participants weren't wearing a mouthguard. Mouthguards have been shown to provide protection against traumatic injuries to the teeth and gums as well as help prevent injuries to the lips, tongue, cheeks, jaw, neck, and brain (due to concussion).

There are three main types of mouthguard, all of which are acceptable to be worn in compliance with this policy. Each has varying degrees of protection.

1. **Stock** – the least expensive choice and offers the least protection since little can be done to adjust the fit.
2. **Boil-and-bite** – available at chemists and sports stores, less expensive than custom-made guards, however, the fit is not as good and it will not last as long. (Note : The Hornsby Berowra Eagles Canteen generally holds a stock of these type of guards)
3. **Custom-made** – superior to stock and boil-and-bite and offers the best protection, fit and comfort level because it is made from a cast to fit teeth.

### THE MOUTHGUARD POLICY

Considering the safety and protection benefits presented by mouthguards, the club committee have voted unanimously to instigate a mouthguard policy with immediate effect

- Mouthguards are mandatory and are required to be worn by all graded players during training and games.
- The club will operate a strict '**No Mouthguard, No Play**' policy without exception.
- Coaches and Managers will be directed to actively check all players for compliance and remove non-complying players from training or game environments until such time as they comply.
- Should a player have a legitimate medical reason for not being able to wear a mouthguard, this should be supported by a submission in writing to the club confirmed by a recognised medical practitioner / dentist. In these cases exemptions will be considered by the club committee.

The policy is effective as of **Sunday 1<sup>st</sup> July 2012**

Note : Mouthguards are recommended, but not mandatory across the Greater Sydney Juniors AFL jurisdiction. As a result, opposition teams and players may not consistently wear the guards. This does not affect this policy. Our 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 Hornsby Berowra Eagles Junior AFL Club you agree to abide by this policy.

**Authorisation :-**

A handwritten signature in black ink, appearing to read 'Mark Smith', written in a cursive style.

**Mark Smith  
Club President - Hornsby Berowra Eagles Junior AFL Club**

**26/06/12**