



PROTECTIVE EQUIPMENT

MOUTHGUARDS

All players should wear a mouthguard when either, training for or playing football.

GOAL POST PADDING

In order to prevent injuries to players, officials and spectators, all fixed goal posts must be padded and PVC or plastic posts replace all portable steel posts.

PROTECTIVE HEAD GEAR

A player who desires to wear protective head gear during a match must wear head gear approved in writing by a sports physician or doctor. Associations should adopt policies to cover:

- (a) Players suffering from any known disabilities or medical conditions;

Whereby the player is required to produce a certificate that the player will, in the view of a medical practitioner, receive adequate protection in respect of such potential injury from the protection in respect of such potential injury from the protective head gear.

- (b) Players not suffering from any known disabilities or medical conditions:

Whereby the parent or guardian is required to submit a certificate to state that a player does not suffer from any known disability or medical conditions which will be affected if injuries are received to the head whilst wearing the protective head gear.

CONCUSSION

Concussion occurs when, after a blow to the head, there is brain injury with some immediate disturbance of brain function. Any player showing the signs or symptoms of concussion should be removed from the field immediately and referred to a medical practitioner.

A player who has suffered concussion with or without loss of consciousness should not participate in any match or training session until he/she is fully recovered and has been cleared by a thorough medical examination. All players sustaining a concussion require a medical clearance before resumption of their sport.

SPECTACLES

Junior footballers who wish to wear spectacles during matches and training sessions should wear spectacles with PLASTIC FRAMES and PLASTIC LENSES. The spectacles must also be held on securely by a band. This will minimise the risk of injury to the player, team mates and opposition players.

FOOTBALL TRAINERS

- The Sports Trainer is the first contact the player has upon injury and the trainers assessment and handling of such situations is vital to the welfare of the individual.
- Junior Football bodies should ensure that suitably qualified persons attend regular competition matches.
- Sports Medicine Australia (SMA) provide an Accreditation Scheme from Level 0 to Level 2.
- All Football Trainers are encouraged to join the WA Football Trainers Association (WAFTA).