



Montmorency Junior Football Club

Injury & Harm Prevention Policy

This policy will outline Montmorency Junior Football Club's approaches & expectations with regards to Injury and Harm Prevention:

Purpose

The purpose of this policy is to, as much as is feasibly possible, to make football as safe as possible and to mitigate the risk of possible harm or injury to MJFC players, coaches, officials and supporters.

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Policy: Injury & Harm Prevention

Injury & Harm Prevention Policy

INJURY PREVENTION POLICY

Participation in Australian Rules Football carries with it a risk of injury. The aim of this policy and of the Montmorency Junior Football Club is to take all reasonable action to make football as safe as possible, not only for players, but also for other umpires, other officials, voluntary workers, administrators and spectators.

Preventing injury in football is the ultimate goal, but injuries will occur despite the most thorough prevention strategies.

There are many areas that need to be considered with regard to injury prevention, including the environment, weather, facilities and equipment, pre participation screening, physical preparation, coaches and officials, rules of the game and health policies to name a few. There are many people, within the club, who will assume responsibilities for these areas. These include Coaches, Team Managers, Medics and Trainers.

Provision of a Safe Environment

The MJFC will provide all players and officials associated with the game a safe environment. The environment will include things such as the weather and condition of the ground. Issues to do with weather conditions are covered within the NFNL guidelines (e.g. for extreme heat <http://nfnl.org.au/heat-policy-information/>).

Prior to the commencement of any game or training session the MJFC shall ensure that the surface and playing area of the ground including clubrooms and equipment will be physically inspected to confirm that it meets Australian standards and that it is all safe.

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The physical checks of equipment and the playing arena will be conducted by Club representatives utilising checklist.

Where any risks are identified eg exposed sprinkler heads, MJFC Ground Manager/Committee will take immediate action to remedy the risk prior to the commencement of any play.

These checklists must be completed prior to all home games and must be retained for a period of 7 years.

Handrails leading up to the time keepers box will be painted yellow and yellow markings will also be made on the concrete path outside the clubrooms to indicate an exclusion zone for the players. This will assist in safeguarding players.

Pre Participation Screening

Upon Registration every player must complete a medical history form as per Medical History Policy. All coaches and team Managers will then be made aware of any pre-existing medical conditions eg. asthma, diabetes etc. and medications that players may require. This information will be collated by the registrations coordinator, who will then keep a medical history register. This will include information about players and any information of assistance eg. asthma treatment plans etc.

In cases where the form raises questions about a players health or injury, the player should then be advised to refer to a health professional who might deem they are fit to play.

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In cases where players have sustained a serious injury eg fractures or been knocked unconscious a medical clearance certificate will be required before the player is able to commence training again.

Physical Preparation of Players

Appropriate physical preparation of players is closely aligned with coaching. Whilst at MJFC:

- All players will be provided with appropriate physical fitness training, including instruction on warm-up, warm-down and correct stretching.
- All players will receive training in the skills of football to allow players to compete safely and to prevent injury, for example tackling and safe landing techniques.

First Aid

MJFC will endeavour to have at least one Level 1 Medic for each team and game. They will be responsible for administering first aid during matches and training sessions and for reporting injuries.

The clubrooms will have visible signage posted inside them to instruct both opposition and home teams on actions to take and location of equipment such as first aid boxes or defibrillator equipment in case of medical emergencies.

Version	Review date	Reviewed by:	Frequency of Review	Next Review due:
002	7 th May 2021	Dee Constantin	3 Yearly	7 th May 2024