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## **Newcastle City Juniors Mouthguard Policy**

This is a mandatory mouth guard policy for all registered players, applicable during all on-field activities for competitive and non competitive age groups U9 - U17 inclusive, including training and games.

The policy is recommended but not mandatory for Auskick players.

### **Introduction:**

Mouthguards have been shown to provide protection against traumatic injuries to teeth and gums as well as help prevent damage to the lips, tongue, cheeks, jaw, neck and brain (due to concussion).

### **Policy:**

Mouthguards are mandatory and are required to be worn by all players during training and on game day. Coaches and managers will be directed to actively check all players for compliance.

The club will operate a strict 'no mouthguard no play' policy without exception.

Players without mouthguards at training will be limited in the activities they can undertake as determined by the coaching staff.

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 or dentist. In these cases, exemptions will be considered by the club's executive committee.

Note the AFLGSJ recommends the use of mouthguards but they are not mandatory. As a result, opposition teams and players may not consistently wear mouthguards. This does not alter our policy.