



# Mouthguard and Helmet Policy

---

The Donvale Football Club has developed this policy in line with the AFL Community Club Policy, which can be found at [www.AFLCommunityClub.com.au](http://www.AFLCommunityClub.com.au) ([under health and fitness/injuries/helmets and mouthguards](#)). The purpose of this policy is to outline the Club's position in regard to players wearing mouthguards and helmets.

## 1. Mouthguards:

Mouthguards provide protection in preventing injuries to the teeth and face of a player. The AFL Community Club's Policy states that mouthguards are strongly recommended.

The Club's position is that mouthguards are compulsory and must be worn by all players during their game.

It is also the Club's position that all players will wear mouthguards during 'competitive' training drills at training sessions, as outlined in the Training and Team Selection Policy.

It is recommended that a mouthguard made by a dental technician or dental prosthetist be provided to players, as this type of mouthguard offers the best protection. Mouthguards purchased from a pharmacy and then moulded as per the instructions may not offer the same level of protection. In some cases they have been known to dislodge during play and may potentially block the airway.

However, it is up to the individual which mouthguard they choose to wear.

## 2. Helmets

As per information outlined in the AFL Community Club's Helmet & Mouthguard Policy, 'there is no definitive scientific evidence that helmets prevent concussion or other brain injuries in Australian football'. Wearing of helmets may offer some protection to a player who is returning from a specific injury, such as a facial or skull injury / fractures.

It is the Club's position that the decision to wear helmets is up to the individual player.