

BHJFC Position Statement for Helmets and Mouthguards

Mouthguards:

- In line with official AFL recommendations the use of mouthguards at BHJFC is mandatory for the prevention of dental and facial injuries.
- Dentally fitted laminated mouthguards offer the best protection. “Boil and bite” type mouthguards are not recommended as they can dislodge during play and block the airway.

Helmets:

- Helmet use at BHJFC is an individual decision. There is no scientific evidence supporting helmets preventing concussion or other brain injuries in Australian football. A player using a helmet should be aware of this and not play recklessly with the expectation of protection for the head.
- Helmets may have a role in the protection of players on return to play following specific injuries (eg face or skull fractures)

Date of review: 17th Feb 2014

Reviewer: Tony Chan

Next review date: annually