



FERNTREE GULLY EAGLES JUNIOR FOOTBALL CLUB INJURY POLICY 2025

PURPOSE

To establish a club policy for the safe management of injured players.

ACKNOWLEDGEMENT

- The health and safety of the club's players, personnel, and spectators is the highest priority, taking precedence over any other considerations, including winning games and finals.
- Injuries may occur during the season, and their management is critical to player welfare.
- This policy has been developed by the Ferntree Gully Eagles Junior Football Club to ensure effective injury management.
- Younger players (U8–U17) require a more conservative injury management approach than senior club players due to their age and development.

RECOMMENDATIONS

Injury Prevention and Management:

- All players must wear mouthguards during matches; participation without a mouthguard is not permitted.
- Coaches must remove any player observed playing without a mouthguard.
- Mouthguards are strongly recommended for training.
- Any protective aids must comply with AFL guidelines.
- Jewellery is prohibited during matches.
- Each team must have a qualified Trainer, as per EFNL guidelines.
- It is recommended that at least one parent or guardian remain at training and games to assist with any required off-site medical attention.
- During games, injury or health concerns will be managed collaboratively by the Trainer and the player's parents/guardian. However, the final decision regarding a player's return to play will rest with the Trainer, who will adopt a conservative approach.
- Trainers are not expected to provide taping beyond their qualifications (Sports Level 1 = ankle/thumb taping).
- If taping is required for injury rehabilitation, it must be performed by the parent or under explicit medical guidance. Trainers have the right to decline if uncomfortable.
- Except in emergencies (e.g., Ventolin for asthma, EpiPen for anaphylaxis), Trainers must not provide medications or treatments without parental/guardian consent.
- Minor treatments such as stretching, rubdowns, and ice application for muscle strains may be provided without parental/guardian consent.
- If a Coach or Trainer has concerns about a player's fitness, they may require a medical certificate before allowing them to resume training or playing.

- The FTGEFC recommends that the families of any participating players hold an Ambulance Victoria subscription and or Private Health Insurance policy. ***Noting that the EFNL insurance policy and support ability for injury is extremely limited***

Medical Notification:

- Before the season starts, each player (or parent) must complete a medical profile before participating in matches, including pre-season practice games (to be submitted via the OPEROO platform).
- Players (or parents) must disclose any conditions that could impact their ability to participate safely.
- Any player requiring hospital or GP treatment due to a football-related or external incident must provide a medical certificate before returning to training or matches.
- If the Coach or Trainer has concerns about a player's medical status, they may require medical clearance before the player resumes activity.

Medical Clearances:

A medical clearance from a Doctor, Physiotherapist, Chiropractor, Osteopath, Dentist, or Psychologist (as per AHPRA guidelines) is required before returning to training or games for the following conditions (not an exhaustive list):

- Any cardiac condition (heart-related issues)
- Hypertension (history of high blood pressure)
- Fractures or broken bones
- Significant soft tissue injuries persisting beyond one week
- Concussions or head injuries
- Any loss of consciousness, regardless of duration
- Suspected cervical (neck) injuries
- Recurrent episodes of pre-existing medical conditions such as asthma, diabetes, or epilepsy
- Eye injuries
- Significant illnesses, including but not limited to: COVID-19, Chickenpox, Measles, Whooping Cough, Glandular Fever, Pneumonia, or any prolonged flu-like illness causing missed training/games for more than one week.

The medical clearance must explicitly state: **“The player is fit to return to training and/or match day football.”**

A common-sense approach will be applied when requesting medical clearance, and conditions may be imposed (e.g., limited training, restricted game time). Coaches will follow medical recommendations.

The final decision on return to play remains at the discretion of the Coach and Trainer, who may conduct an additional assessment before allowing full participation.

RISKS

- Returning to training or matches without medical clearance increases the risk of further or chronic injury.
- Trainers risk potential litigation if treatments or medications are provided without parental/guardian consent (noting that consent is included in player medical forms).

RESPONSIBILITIES

Parents/Players:

- Players (or parents) must notify their Coach and Trainer of any changes in medical status or injuries that could impact safety.
- Before matches, the Trainer has final authority on a player's fitness to participate. Parents must abide by this decision.
- Injury management decisions made by the Trainer at training or matches are final, and parents must comply.
- Parents/guardians are responsible for all costs associated with medical treatment and transportation.
- If medical clearance is required, it must be provided to the Trainer/Team Manager before the player resumes training or matches.

Coach:

- During games, Coaches and Assistant Coaches must defer to the Trainer's decision regarding a player's fitness to continue playing.
- Coaches must not pressure players or Trainers to clear a player for return to play if injured

Trainer:

- Trainers must complete relevant certification courses as required by the EFNL before pre-season practice matches and / or the first round of competition.
- During games, the Trainer is responsible for player health and safety in consultation with the player's parent/guardian.

EFNL team requirements first aid

	U8-10	U11-13	U14-Senior	Course duration	Renew
HLTAID009 – CPR	Yes	Yes	Yes	3 hours or 1.25 h +online	12 months
Junior Sports Trainer Require current HLTAID011 & HLTAID009	Yes	Yes	No	3 hours	3 years
HLTAID011 – First Aid	Yes	Yes	Yes	8 hours or 3 hours online	3 years
Sports Trainer Level 1 Require current HLTAID011 & HLTAID009	Optional	Optional	Yes	8 hours	3 years
Sports Trainer Level 1 Re accreditation Require current HLTAID011, HLTAID009 & Sports Trainer Level 1				3 hours	3 years

Team Manager:

- Provide pre-season notification of the Trainer's name and contact details to the Club Secretary/Trainer Co-ordinator.
- Report serious injuries (those requiring medical treatment) to the Club Secretary within 24 hours.

Ferntree Gully Eagles Junior Football Club:

- Maintain overall responsibility for providing a safe training environment so far as is reasonably practicable
- Provide EFNL insurance details to club members.

WHAT IS AND IS NOT IN SCOPE

- Concussion management is not within the scope of this policy; refer to the FTGEJFC Concussion Policy.

RESOURCES

[- Play AFL](#)

<https://play.afl/clubhelp/resources/injury-guidelines>

[AFL Community Concussion Guidelines - Play AFL](#)

POLICY REVIEW

This Policy will be reviewed by FTGEJFC Executive biannually to ensure it remains relevant, practical and that it reflects community expectations and legal requirements.

SUMMARY

This document was tabled at the February 2025 General Committee and the above stated Policy was endorsed/accepted by majority vote. TBA

**Ferntree Gully Eagles Junior Football Club
Executive & General Committee**