

## ***Administering First Aid To Junior Players***

### **Club Health & Safety Guidelines (Aligned with AFL Standards)**

Below are a few important recommendations and housekeeping rules that our Club upholds in conjunction with AFL standards. These policies are designed to prioritize the health, safety, and wellbeing of every player.

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#### **Ambulance Protocol**

If a situation arises where an ambulance is required, the First Aid Trainer will make that call. If a parent chooses to decline this recommendation, the responsibility for the child's health falls solely on the parent.

We strongly encourage all families to have Ambulance Cover, which is currently under \$110 per year—a small price to ensure your child's safety.

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#### **Medical Conditions (Asthma, Anaphylaxis, Allergies, Diabetes, etc.)**

If your child has a medical condition, you must complete an Action Plan. If you don't already have one, your Trainer will provide a form for you to fill in.

##### ***On game day:***

- Supply your child's medication to the Trainer.
  - Medication must be clearly marked with your child's name and jumper number.
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#### **Concussion Policy**

In line with AFL guidelines, if your child is deemed concussed, they will not be allowed to return to the field under any circumstances. They will be subject to the AFL's mandatory 21-day ruling.

##### **Steps for Return to Play:**

1. Your Trainer will provide you with information about concussion symptoms.
2. A Return to Play assessment must be completed by the Trainer.

3. A Medical Clearance Letter (provided by the Trainer) must be signed by your child's treating physician.
4. This signed letter must be returned to the Trainer before your child can resume full-contact training—not just game day.

**ALL Clubs stand firmly by this ruling.**

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### **Icing Protocol**

If your Trainer decides to ice up a player, it indicates they cannot return to play. This decision is made to prevent further injury, as iced muscles and tendons respond differently and are more prone to damage.

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### **Strapping Policy**

Trainers will not strap players unless they are qualified to do so.

If your child requires strapping:

- Please assess whether they are fit to play.
  - Your child must be strapped by a qualified professional or provide a letter from their treating therapist requesting strapping.
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### **Trainer's Authority**

First Aid Trainers will treat players to the best of their knowledge and skill. They have the final say on whether a player can take the field—not the coaches, parents, or spectators. This is part of their duty of care and must be respected.

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### **Injury Assessment & Coaches' Box Access**

If a player is injured and being assessed in the coaches' box, we understand the concern from parents.

However:

- Please do not enter the coaches' box.
- Allow the Trainer to assess the situation thoroughly.
- The Trainer will communicate with you once the assessment is complete.

No bystanders are permitted in the coaches' box during an injury assessment.

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Your First Aid Trainers are volunteers, dedicated to ensuring the safety of your team.

Without them, your child cannot take the field.

We appreciate your cooperation and respect for the policies in place.