



Balnarring Junior Football Club

Mouthguard Policy

Due to the safety and protection benefits presented by mouthguards, Balnarring Junior Football Club requires that mouthguards are to be worn at all times by players during games. It is also highly recommended that mouthguards be worn during training to assist in injury protection and to familiarise the player with wearing a mouthguard during play.

Wearing a custom-fitted mouthguard helps to absorb and spread the impact of a blow to the face, which may otherwise result in an injury to the mouth or jaw.

Custom fitted mouthguards are superior to over the counter mouthguards and are made from a dental impression and a plaster model of the teeth. They provide the best protection fit and comfort for all levels of sport. This type of mouthguard is recommended.

Please be aware that over-the-counter (boil and bite) mouthguards offer less protection and can dislodge during play reducing their effectiveness significantly and may possibly block the airway. They are not recommended by Sports Medicine Australia and Australian Dental Association. While not the suggested option, they may be used by players.

Balnarring Junior Football Club's priority is to deliver the highest standards of safety on and off the field at all times. This policy is implemented as part of this objective. By registering your child with Balnarring Junior Football Club you agree to abide by this policy

Version 2.0
March 2017