



LILYDALE JUNIOR FOOTBALL CLUB

HEALTH & SAFETY POLICY

Purpose

Lilydale Junior Football Club seeks to provide a safe playing environment for its players and spectators. LJFC will ensure that we offer the best possible care for players.

Medical Notification

As part of registration each player (or parent/guardian) must complete the player's required medical details as requested by the club, this ensures that LJFC trainers can provide the best possible care for your child.

The player (or parent/guardian) must advise of any conditions that would place the player at risk or could impede his/her ability to participate.

The medical details of each player are retained by the team's Trainer & Coaches for the duration of the season. Players (or parents/guardians) must notify their coach and/or trainer of any changes in circumstances (injury / health problem etc.) that could place the player at greater risk.

Injuries

The health and safety of LJFCs players, personnel and spectators is the Club's most important priority and overrides any other consideration including winning games and finals. There may be occasions during the season when injuries occur. All teams must have a qualified Trainer. Ideally at least one parent or guardian of each child is expected to remain at training and during the games, to attend to any off site medical attention that their child may need.

Before each game, the responsibility for a player's capacity to play the relevant game rests with the player's parents/guardians. Although the relevant Trainer and Coach may be consulted concerning this issue, any decision must ultimately be made by the player's parents/guardian.

During each game the responsibility for the health and safety of players rests with the Trainer together with the player's parents/guardian. Any decision concerning this issue must ultimately be made by the player's parents/guardian together with the Trainer.

In the event of an injury or health concern during a game, other Club personnel including coaches and assistant coaches are to be guided by the Trainer and the player's parents/guardians concerning the player's capacity to play the game and any decision concerning this issue must ultimately be made by the player's parents/guardian together with the Trainer.



It is the responsibility of the Trainer to administer any medications or substances/sprays etc. but consent must be provided as set out below.

Except in the case of an emergency, no medications, medical assistance or substances/sprays etc. are to be provided by the Trainer to a player without the consent of the player's parents/guardian. To avoid doubt this does not include minor and routine assistance to a player such as stretching/rub down/ice assistance for a muscle strain or similar type of injury which may be provided as a matter of course and without the need for consent of the player's parents/guardian.

The cost of transportation and/or medical treatment is the responsibility of the parent/guardian. Any player who is sent to hospital for treatment as a result of an incident at a game or training, must provide a medical certificate stating that they are fit to play, prior to resuming training / playing.

All injuries are to be reported to the Trainer in the first instance. Serious injuries (i.e. those that may require medical treatment) should be reported to the Head Trainer via a completed Australian Football Injury Reporting Form by 9pm Sundays. Head trainer to then inform and share the completed Australia Football Injury Reporting Form with the Club Secretary at lilydalejnr@efnl.org.au & Club President at presidentLJFC@gmail.com within 24 hours.

Team managers are provided with Australian Football Injury Reporting Forms in their kits.

If the Coach or Trainer is concerned about a player's fitness they may require the player to provide a medical certificate stating that they are fit to play, prior to resuming training / playing.

Concussion

The most important element in the management of concussion is the welfare of the player in the short and long term.

The Club recommends a conservative approach to the management of concussion. In particular, LJFC adopts the key [AFL concussion management principle](#), namely "If in doubt, sit them out."

Any player who suffers a concussion or suspected concussion as a result of an incident at a game or training, must not return to the field.

Any player who suffers a concussion or suspected concussion away from the field must provide the coach or trainer with a medical certificate stating that the player is fit to play, prior to resuming training / playing.

The priority for players is the successful return to learning and school before returning to playing.



Mouthguards

LJFC strongly recommends that Players wear a mouth guard during matches and at training. The Club organises for mouth guards to be fitted and purchased prior to each season to assist. The fitting is traditionally held at the Season Launch or the Junior Clubs Registration Day.

EXTREME WEATHER

Extreme Weather at Training

When weather is inclement the coach will decide if training is to proceed and coaches will always defer to player safety.

If lightning is present at the commencement of training then training will not proceed until the lightning dissipates. Players and coaches should seek shelter. Parents should feel free to take their children home. A coach should cancel training if s/he believes that weather conditions are unsuitable.

When the weather is extremely cold or inclement, parents should decide if they want to subject their child to training in such conditions. The decision ultimately remains with the parents. In heat conditions (pre and early season) parents should decide if they want to subject their child to training in such conditions. The decision ultimately remains with the parents.

Selection in the team for matches will be in accordance with the Club's [Team Size & Selection Policy](#) and the [Game Time & Rostering Policy](#). Cancellation of training or non-attendance due to severe weather conditions shall not be a factor in selection.

Parents are encouraged to remain at training and games, especially in times of extreme weather.

Extreme Weather on Game Day

Lilydale Junior Football Club must adhere to the [Australian Football League National Extreme Weather policy](#) (June 2013) and Match Cancellation – Adverse Weather Conditions guidelines as detailed within the EFNL's By-Laws.

GROUND SAFETY

Ground Safety at Training

The Coach should satisfy him/herself that the ground and weather conditions are such that it is safe to train. If the Coach considers that the conditions are not safe, i.e. due to poor ground conditions, excessive heat or inclement weather, they can either check if the clubrooms are available to run an indoor training session if suitable, or training may be required to be cancelled.



Ground Safety on Game Day

The Coach should satisfy him/herself that the ground and weather conditions are such that it is safe to play football. If the Coach considers that the conditions are not safe, they should first consult with his/her Team Manager and the Coach and Team Manager of the opposing team to discuss the matter.

If the Coach still considers that the conditions are not safe, they should immediately raise the matter with the Field Umpire, although it should be noted that the EFNL does not give the umpires the responsibility of determining whether an oval is fit for play.

If the matter still cannot be resolved, the Coach or Team Manager should immediately contact the Club President or Secretary who will liaise with the EFNL.

A parent or guardian may determine that the conditions are not safe for their child and withdraw them from the game without fear of recrimination.

Trainers

Each team must have a suitably qualified trainer in attendance for the duration of the game.

Teams can have multiple Trainers for a season.

The minimum age for trainers is 15 years of age.

Trainers to submit any injury forms to the Head Trainer by Sunday 9 pm

Head Trainer to notify Secretary & President of any injuries including the injury forms following a round within 24 hours.

Summary

Lilydale Junior Football Club seeks to provide a safe playing environment for its players and spectators. LJFC will ensure that we offer the best possible care for players.

Policy last reviewed	October 2025
Consulation	September 2025 Travis Switzer - Culture Vate
Approved by	LJFC Committee
Next Review Schedule date (2 years)	October 2027