



# **Mordialloc-Braeside Junior Football Club Inc**

## **ICE Treatment Policy**

Injuries occur frequently through junior sporting games, and MBJFC are keeping the health and safety at the forefront of all planning.

Ice packs are provided to all Team Managers for the duration of the season, and additional ice packs can be found stored in the Walter Galt canteen for opposition and umpire use.

Although ice may provide relief and comfort to a player's injury, it can also cause muscles to seize up, and/or slow down.

Where ice has been used as treatment for a minor injury and once the ice has been removed, the player must wait 20 minutes from the time of removing the ice before resuming play and must warm up appropriately to ensure the muscle is at full use when they return to play. This is the responsibility of the team's Trainer and the Team Manager.

Any injury where ice is used as treatment must be written up on the Injury Reporting form and submitted with the paperwork to the Club Secretary.

Updated December 2016