

Reynella Football Club - Juniors Medical Advice U15 and Younger

Taping:

Is not recommended for players Under U15's.

If your child has a genuine injury and is returning from rehabilitation - after consultation with a surgeon or physio - taping will be provided as needed or as per medical advice. This should not become a regular "crutch" for the child, and they should instead focus on better strength, mobility and agility for the injured site or area.

If your child suffers from regular soreness, it will be advised that your child gets checked out by a professional. Your child could be playing too much sport and requires some rest and this may be the body's way of telling them.

Tape is expensive and will be used when required, not for I'm a bit sore, it looks cool, etc.

Most of our senior players would prefer to use NO tape as they don't like the feel of it, but due to serious injuries they require it (many have had ops).

Deep Heat:

Should not be used on young athletes. If they think they require it, a visit to their doctor will be recommended and written instructions from that doctor will be required. Most young athletes do TOO LITTLE stretching. Stretching should be done twice daily or at least daily, as part of their regular activities to prepare them for a game or sport. Warming up the muscles with active stretching on game day will also benefit any athlete and make them responsible for their own bodies. We have stretching rollers, bands and leaflets in the change rooms on stretching that they can use.

Concussion:

Any child suspected of having concussion will be removed from play and not allowed **to return for the remainder of that game**. The player will miss the next weekend game **and can return to training the following week, provided that they have been cleared by a Dr.**

A Medical certificate will have to be shown to team trainer before returning to training.

Your child should not return to school until symptom free and should avoid electronics.

90% of concussions take 10 days to recover.

Please Remember: our trainers are here to help, we are not Doctors and will make decisions in the best interest of the athlete.