



Australian
Air League

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Federal Field Instruction 57

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Medicine Balls

1.0 Introduction

- 1.1 Concerns on use of Medicine Balls over children's heads have been increasing in recent years.
- 1.2 There are arguments for and against the use of a Medicine Ball over a child's head. This is leading to confusion with regards to the safety of cadets.
- 1.3 Investigation has shown even professional, and university qualified personal are not in agreement. All do agree that only instructors qualified to supervise children in the use of this equipment should do so.

2.0 Action Required

- 2.1 All Groups, Wings and Squadrons are to suspend activities using a Medicine Ball over a cadet's head.
- 2.2 Basket Balls, Volley Balls, Nett Balls and Soccer Balls may continue to be used.

3.0 Conclusion

- 3.1 This Instruction will remain in force whilst further investigation is carried out, once completed this instruction will be either withdrawn or reinforced.
- 3.2 At all times our cadet's health, safety and wellbeing is and always will be our most important consideration

Lt. Comr. Gregory O'Brien
Acting Federal Field Commissioner
22/8/2021