

## **Protective equipment for PE**

We would like to inform you about protective equipment for students participating in all contact sports. Contact sports present a risk of injury

Contact sports, including football, hockey and rugby, carry the risk of injury. As such it is advised that students wear the correct protective equipment including appropriate footwear, shin pads and oral protective equipment (mouth guards / gum shields). Use of the correct equipment can reduce the likelihood and severity of injury.

Students are regularly reminded to wear the appropriate equipment during PE lessons by our teaching colleagues but students and their parents/carers are responsible for ensuring the appropriate equipment is provided and worn. Gum shields are available to purchase from Student Reception.

The British Dental Association states that anyone engaged in contact sports should wear a well-made mouth guard to reduce risk of injury to teeth. They go on to say that a custom made mouth guard designed by a dentist will provide a better fit, and, in cases of students who have a brace, may be essential. Parents and carers should seek advice on mouth guards from their dentist, as some types might not be suitable in some circumstances.