

Protective Equipment Statement

High Tunstall College of Science – Sports Science Faculty

Protective Equipment Statement

All contact sports carry the risk of injury; therefore, although not compulsory, High Tunstall College of Science strongly recommends the use of personal protective equipment during participation in contact sports, for example: Football, Rugby, American Football, Hockey. This includes the use of shin pads and oral protective equipment (mouth guards/gum shields). This equipment is widely available from sports shops.

The British Dental Association recommends that anyone engaged in contact sports should wear a well-made mouth guard to reduce the 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 the cases of students who have a brace, may be essential. Parents and guardians should seek advice on mouth guards from their dentist, as some types may not be suitable in some circumstances.

Frequent questions can arise regarding the need for the wearing of protective equipment by students engaged in relevant sports, such as Football, Rugby, American Football, Hockey. Mouth guards and shin pads can provide useful protection against injuries in activities such as these. Their provision is the responsibility of the individual student and his/her parent/s or carers. It is recommended, but not compulsory, that they should be included as part of the student's physical education kit.

When worn, they need to be properly fitted and cared for.

Mouth guards/gum shields are personal and must never be shared or borrowed.

If you have any difficulties providing kit for your child or if you have any queries or concerns, please contact the Sports Science Faculty.