



**SEVENOAKS**  
PREPARATORY SCHOOL

## MOUTH GUARD POLICY

**Status and Review Cycle:** Statutory / Tri-Annual

**Policy reviewed and amended:** Autumn 2017

**Next review date:** Autumn 2020

**Governor Lead:** Nik Robinson

**Policy Holder:** Miss Hazel Lovegrove

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Reviewed by Policy Holder:	Miss Hazel Lovegrove
Signature:	Date:
Approved by Governor Lead:	Mr Nik Robinson
Signature:	Date:



## **MOUTH GUARD POLICY**

The Games department at Sevenoaks Preparatory School includes the contact sports of hockey and rugby therefore poses a mouth injury risk. The school seeks to adhere to protecting its students by following guidance from sports governing bodies about making the importance of wearing of mouth guards known to all pupils and parents.

The school's policy for mouth guards refer to Safe Practice in Physical Education (2016) handbook and the Governing Bodies of each sport, which state that:

**Mouth guards are mandatory for both rugby and hockey, and are recommended for all levels of participation**

We therefore advise that:

The wearing of mouth guards for hockey is mandatory for all pupils in Years 3 to 8 and the wearing of mouth guards for rugby is mandatory for all pupils in Year 4 to 8.

It is recommended that a type or style of mouth guard is advised for parents, by either themselves or their child's qualified dentist, wherever possible. Teachers, coaches and referees are not qualified to assess the quality and standard of a mouth guard and will therefore only be able to ensure that one is being worn. This remains the responsibility of the parent and/or guardian.

The school arranges for the mouth guard manufacturers, OPRO, to visit the school with qualified dentists, once a year to take mouth impressions, for the parents convenience. They are the largest manufacturers of mouth guards

in the world and their UK based headquarters produce thousands of mouth guards each day for schools, colleges, clubs and individuals worldwide. It is the choice of the parent or guardian to choose and order an impressed mouth guard through this company if they so wish, using the guidelines stated on their website: <http://www.opro.com/>

Pupils attending lessons without a mouth guard may take part in any 'non contact' warm up and fitness exercises but will be excluded from any 'contact' drills, games and matches.

**Notes:**

Where a child has lost or forgotten a mouth guard, the school holds a stock of the hot water mouldable style ones (Safeguard Club Mouth guard with CE marking) that are readily available from any sports retailer. A charge of £2.50 will be made to their school bill or they will have an option to buy with cash. These can, at short notice, be moulded to the child's teeth (eg. before school match situations). These have a limited time use and should not be used as a permanent replacement for the chosen type issued by their parents, unless the parent/guardian allows them to re-wear it again.

Wherever possible the school will try to contact parents before supplying a temporary mouth guard, although it is assumed that unless we hear in writing to the contrary, parents are happy that we supply a mouth guard of this type in order to ensure that your child is able to take part in the school match.