



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.

As a school, with reference to relevant governing bodies, the wearing of mouth guards for hockey is mandatory for all pupils in Years 2 to 8 and the wearing of mouth guards for rugby is mandatory for all pupils in Years 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.

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.

Lost or forgotten mouth guards

Where a child has lost or forgotten a mouth guard, the school holds a stock of OPRO Snap-Fit mouthguards (CE certified). A charge of £4 will be made to their school bill. These can, at short notice, be given to the child to wear for all contact sports (e.g., 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.

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Next review November 2026