



# **ROCKHAMPTON PRIMARY SCHOOLS RUGBY LEAGUE**

President: Paul Fogwell      Ph: 49315333      Email: pfogw1@eq.edu.au  
Secretary: Les Berryman      Ph: 49993333      Email: lberr14@eq.edu.au  
Treasurer: Bernard Fitzgerald

## **Mouthguard Policy**

Mandatory mouthguard policy for all registered players applicable during 'on field' activities including training and games.

### **Introduction**

*Every year thousands of people are treated for dental injuries that could have been avoided by wearing a protective mouthguard. Wearing a mouthguard helps to absorb and spread the impact of a blow to the face, which may otherwise result in an injury to the mouth or jaw.*

*Dental injuries can result in time off school or work to recover, can be painful and disfiguring, may involve lengthy and complex dental treatment. The cost of an injury to the teeth or jaw far exceeds the cost of a mouthguard.*

### **Types of Mouthguards**

#### **Custom-fitted mouthguards**

*Custom fitted mouthguards are superior to over the counter mouthguards and are made from a dental impression and a plaster model of the teeth. They provide the best protection fit and comfort for all levels of sport.*

#### **Over-the-counter (boil and bite) mouthguards**

*These mouthguards include stock mouthguards that do not require fitting, and mouthguards that can be placed in hot water and then self-fitted by biting into them. These offer less protection and can dislodge more easily during play.*

### **The Mouthguard Policy**

Considering the safety and protection benefits presented by mouthguards, the Rockhampton Primary Schools Rugby League committee have voted unanimously to instigate a mouthguard policy with immediate effect.

- Mouthguards are mandatory and are required to be worn by all players during training and games.
- RPSRL will operate a strict 'No Mouthguard, No Play' policy without exception.
- Coaches and Managers will be directed to actively check all players for compliance and remove non-complying players from training or game environments until such time as they comply.

RPSRL's priority is to deliver the highest standards of safety on and off the field at all times. This policy is implemented as part of this objective.

By permitting your child to participate in a RPSRL activity you agree to abide by this policy.

Paul Fogwell  
RPSRL President



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## **Mouthguard Policy**

<b>Surname</b>		
<b>Given Name</b>		Male / Female (Please circle)

As it is now a mandatory requirement for students to wear mouthguards for the above listed sporting activities, the Department of Education strongly recommends that students wear custom-fitted mouthguards. Attached are some usual documents with recommendations on the type/style of mouthguard required.

Students with a medical condition that may impact on their safety during participation in this activity must be cleared by a medical practitioner to participate in this activity. A medical certificate **relating to the wearing of mouthguards** (on official letterhead) **must be supplied** with this form to guarantee your child's participation in this activity.

I understand that mouth protection is mandatory in this sport. I have read the information provided to me about mouth protection and accept responsibility for the type of mouth protection I/my child will wear whilst playing this sport.

(sign below)
(sign below)

.....
.....

Parent/Guardian
Student