



Mouthguard Policy | Current As At 13 June 2019

At the end of 2018, the Department of Education released new policy regarding the use of mouth guards in contact sports. As of 2019, **all students participating in school-based Rugby League, Rugby Union, Hockey, AFL and Water Polo in Queensland will be required to wear a mouthguard during all games and training sessions.** Schools are also required to provide information about the 3 different types of mouthguards to parents/ carers, to assist you to make an informed choice for your child:

1. Custom-fitted mouthguards are considered to provide the best protection of the teeth, lips and jaw. Custom-fitted mouthguards are made by a dentist or a dental technician to fit the individuals mouth, and provide the best protection due to their close fit, comfort and cushioning (shock absorption) effect.
2. Boil and bite mouthguards are directly formed to the upper teeth after the lining is softened in boiling water. They can be uncomfortable if not properly fitted, and provide limited protection. They should be replaced each season.
*(The uniform shop will sell a limited range of this style beginning at \$11.50.
 NB Students must follow instructions provided by the manufacturer when fitting moutguards but as extreme care must be taken, students must not fit these at school. Fitting must be done with parent/ carer who also accepts responsibility for this process)*
3. Stock (ready-to-wear) mouthguards come pre-formed and are the least expensive type of mouthguard, but also provide the least amount of protection, fit and comfort.

The QLD Education Department strongly recommends that students wear custom-fitted mouthguards

Additional information can be found at the following websites.

- Australian Dental Association: <https://www.ada.org.au/Your-Dental-Health/Teens-12-17/Mouthguards>
- Sport Medicine Australia <http://sma.org.au/sma-site-content/uploads/2018/04/MouthGuard.pdf>

Students with a medical condition that may impact on their safety during participation in this activity must also be cleared by a medical practitioner to participate in the activity.

Please complete the parent/carer consent permission section below and return this form to the Mr Alex Nicholson in the HPE staffroom.

Failure to comply with this permission process will mean that the student will be unable to participate in any Rugby League activity at/ for the school.

Parental / Carer Consent and Medical Declaration

Student Name: _____ Class/ Team: _____ DOB: _____

I, _____ (name of parent) 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 my child will wear whilst playing this sport.

I also confirm that the above-mentioned student:

(Please tick one of the boxes below)

has **NO** identified medical condition/s that may impact on their safety by wearing a mouthguard during participation in this sport.

OR

has an identified medical condition/s that may impact on their safety during participation in this sport. The required medical clearance certificate is attached.

Signature of Parent/ Carer: _____ Date: _____