



Mouthguard Policy and Acknowledgement

Policy

Considering the safety and protection benefits presented by mouthguards, Southern Cross Catholic College has instigated a mouthguard policy with immediate effect for all students participating in various sports (including, but not limited to: Rugby League, Rugby Union, Australian Football (AFL), Hockey and Waterpolo),. Mouthguards are mandatory and are required to be worn by all players during training and games.

Southern Cross Catholic College will operate a strict 'No Mouthguard, No Play' policy without exception.

Southern Cross Catholic College'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.

Background

Every year thousands of people are treated for dental injuries that could have been avoided by wearing a protective, custom-fitted mouthguard. Wearing a custom-fitted 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, can dislodge during play and are not recommended.

Responsibilities

Principals are responsible for implementing, communicating and ensuring this policy is adhered to.

Teachers, teacher assistants and coaches will be directed to actively check all students for compliance and remove non-complying students from training or game environments until such time as they comply.