



Seaford  
Sport

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# Mouthguard Policy for Competitive Sport and Training 2023-2024

Date: September 2023

Review Date: **September 2024**

Policy Contact: Mr L Doubler – Director of Sport & Co-Curricular

Seaford College



### Mouthguard Policy for Competitive Sport and Training

#### Policy Statement

#### SEAFORD SPORT - OPRO INSTANT CUSTOM FIT MOUTHGUARDS

The governing bodies of both rugby and hockey strongly recommend the wearing of custom-fitted mouthguards at all levels of the sporting pathway. The Seaford College sport policy is to adhere to these guidelines, and we recommend that all students get a custom-fitted mouthguard.

To support all our students – and with safety in mind – we have a relationship with OPRO, who are the largest manufacturers of custom-fit mouthguards in the world. OPRO have launched their revolutionary Instant Custom-Fit mouthguard which is a dentist level mouthguard that can be fitted at home.

#### **Benefits of the Instant Custom-Fit mouthguard:**

- OPRO's revolutionary fitting mechanism allows the student to take an instant dentist impression of their teeth whilst moulding their Instant Custom-Fit mouthguard
- You can choose between 3 protection levels and add anti-microbial protection to the mouthguard
- Made in OPRO's manufacturing facility in Hertfordshire, the Instant Custom-Fit mouthguard offers the highest level of protection as worn by professionals
- Prices start from just £29.99 plus you will receive 10% off if you use the following code:

#### **Seaford10**

- No waiting for your mouthguard! The Instant Custom-Fit mouthguard can be manufactured in as little as 2 days. Once fitted at home, it is ready to use
- You will receive a complimentary self-fit mouthguard to practise the fitting process with and this can be used as a spare mouthguard for the season

#### **To order an Instant Custom-Fit mouthguard, please follow the steps below:**

1. Visit <https://opro.info/SeafordCollege>
2. Choose the mouthguard you'd like to purchase
3. Enter the discount code at checkout to receive 10% off
4. Your OPRO Instant Custom-Fit mouthguard will be sent to the delivery address provided
5. Follow the fitting instructions included with the mouthguard
6. Your mouthguard is now ready to use!



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**If you have any questions about the products or OPRO's service, please contact their customer care team directly on 01442 430690 or email [info@oprogroupp.com](mailto:info@oprogroupp.com).**

There is no obligation to purchase an OPRO mouthguard and you may choose to purchase these items elsewhere; however, please note that all students will require a mouthguard for their sports lessons.

If your son/daughter already has a custom-fitted mouthguard, we would be very grateful if you could check that it still fits. A child's growth does limit a mouthguard's lifespan and most dental warranties are valid only for a year from the date of manufacture of the mouthguard. You may also decide to use a different type of mouthguard should you feel this appropriate.

## Procedure

- Seaford College seeks to adhere to protecting its students by following guidance from sport's governing bodies about making the importance of wearing of mouthguards known to all pupils.
- In deciding School policies on sporting issues, the College is bound by its professional bodies (HMC and IAPS) to follow the guidance of individual sports' governing bodies.
- As from September 2002, all pupils were recommended to wear a mouthguard whilst playing rugby and hockey. Both the Rugby Football Union and Hockey Association recommend that children who play these sports should be fitted with a custom-fitted mouthguard. Consequently, having taken the advice from professional associations, the College wishes to stress the importance of wearing a mouthguard to all parents and pupils
- All parents, carers and guardians will receive information on how to purchase a Seaford College custom fit mouthguard from OPRO
- Sports staff will educate and remind pupils about the importance of wearing a mouthguard before games lessons and fixtures.
- If pupils do not have their mouthguard available, they will not be able to fully participate in training or matches
- Parents/guardians are written to every year and reminded about the policy and to check that their child's/children's mouthguard(s) still fits as a child's growth does limit a mouthguard's life span.
- Pupils may also decide to use a different type of mouthguard should their parent/guardian feel this appropriate.
- Our teachers and coaches will educate and remind the pupils of the importance of wearing a mouthguard, and will check pupils have their mouthguards at the start of a match or at training. If a pupil decides to not wear a mouthguard following this, or removes the mouthguard during play, then this will be done at the pupil's own risk.

## References

10. Rugby Football Union, England Hockey, BAALPE & OPRO Mouthguards