

MARCH BEARS RUFC



Website – www.marchbearsrufc.org.uk

MARCH BEARS RUGBY CLUB

PROTECTIVE EQUIPMENT POLICY

BOOTS

Boots must be worn in match conditions also shin guards are advised
Only studs conforming to BS6366 1983 or equivalent will be allowed (aluminium studs are marked with the BSI kite mark) studs with jagged edges pose a serious danger to other players, particularly in order age groups where the likelihood of players lying on the ground. Studs should be examined regularly to ensure they are not missing or damaged.

GUMSHIELD/MOUTHGUARDS

Mouth guards should be worn both at training and in matches where impact to the mouth or teeth may occur

Custom-fabricated mouth guards should be the mouth guard of choice especially for those players in more vulnerable positions and in higher age groups

Mouth guards should be replaced every 2 years or if they are showing signs of damage replacements may be more frequent for growing players

PADDED CLOTHING & HEAD GUARDS

All padded clothing and head guards must bear the IRB approved label and be in serviceable condition

It should be shown that head gear and padded clothing only protects from superficial injury such as cut and bruises. Recent studies have shown that the current head gear does not protect from concussion and that padded clothing does not protect from serious shoulder injuries

Fingerless gloves bearing the IRB approved label may be worn during matches and training

TETANUS INJECTIONS

It is recommended by the club that all players are up to date with there tetanus injections

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