

Health and safety is a huge part of Physical Education and ensuring our students are safe is our priority. To ensure this safety, we follow guidelines from National Governing Bodies in our lessons.

Please see below our guidelines for specific sports in our curriculum. When your child has a particular activity, it is vital that these rules are followed in lessons to avoid injury.

For all activities on the curriculum (in line with Governing Bodies):

All items of jewellery (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are forbidden and must be removed. Using tape to cover jewellery is not permitted.

Hockey:

- England Hockey strongly recommends wearing shin, ankle and mouth protection whilst playing hockey.

<https://www.englandhockey.co.uk/faqs/duty-of-care/faqs-health-and-safety/faqs-are-gum-shields-shinpads-or-face-masks-mandatory-for-under-18s-or-others>

Football:

- Shin guards – these must be made of a suitable material to provide reasonable protection and covered by the socks

<https://www.thefa.com/football-rules-governance/lawsandrules/laws/football-11-11/law-4---the-players-equipment>

Rugby

- The RFU strongly recommends that mouth guards (also referred to as gum shields) are worn for any contact rugby activity (both training and matches).
- The use of mouthguards can help to protect the teeth and face. *However, there is currently no conclusive evidence that mouth guards reduce the risk of concussion.*

<https://keepyourbootson.co.uk/wp-content/uploads/2022/03/RugbySafe-Essential-Guides-and-Templates-2022-23.pdf>

When students participate in fixtures / matches, it is essential that the following rules are applied, students will not be able to participate or represent the school without the following equipment:

Hockey:

- Gum shield **and** shin pads

Football:

- Shin pads
- Goalkeeper gloves (for goal keeping positions) – provided by The Warriner PE Department if needed.