



# Yarra Valley Hockey Club

## Mouthguard Policy

**Mandatory mouthguard policy for all registered junior players applicable during 'on field' activities including training and games.**

### Introduction

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 and can dislodge during play and are least preferred.

### The mouthguard policy

Considering the safety and protection benefits presented by mouthguards, the Yarra Valley Hockey Club General Committee have voted unanimously to instigate a mouthguard policy with immediate effect.

- Mouthguards are mandatory and are required to be worn by all players during training and games.
- The club will operate a strict 'No Mouthguard, No Play' policy without exception for all junior hockey.
- **Junior** Coaches and Junior Managers will be directed to actively check all players for compliance and remove non-complying players from training or game environments until such time as they comply. Senior players are expected to take responsibility for their own safety.

The club'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.

By registering with the Club you agree to abide by this policy.

Craig Lovel

President YVHC

