



8.9.20

Dear Parents/Carers,

I am writing to you concerning the advice that is given to your son/daughter regarding Personal Protective Equipment (PPE) in sporting activities at St. Olave's. Please also see the information below this introductory letter. Whilst injury is an inherent risk in physical activity we are conscious of minimising this risk through our delivery of the activities, the facilities in which they operate and the behaviour of the pupils. PPE can help reduce the severity of an injury and so we are minded to bring it to your attention.

Your son/daughter will be reminded of this advice and we welcome your support in ensuring that he/she can enjoy the many sporting opportunities that we offer in a safe environment. Please be aware that mouth guards can be purchased through a company called oPro. Usually oPro would come into school to make an impression but clearly that will not now be happening. Please see the separate e-mail with information about how to order a mouth guard should you wish, please note that you can purchase mouth guards from other companies.

Please also take time to look through the web-sites below regarding concussion and ask your son/daughter to do likewise. This is primarily aimed at parents / students who are involved in rugby but of course concussion is possible from a variety of situations including non-sporting activities.

I hope that this clarifies the situation regarding PPE and that your son/daughter continues to gain the enormous benefits of taking part in regular physical activity.

Kind regards,

Mr Andy Kenward
Director of Sport



PPE

Activity	Compulsory	Recommended
Cricket (<i>hard ball</i>)	<i>Batters pads, bat, box, gloves and helmet</i> <i>Wicketkeeper – pads, box, gloves and helmet</i>	Batters – thigh pad, forearm guard
Doce Pares	<i>Full protective equipment for sparring (supplied by club organiser)</i>	
Fives	<i>Gloves</i>	<i>Eye protection</i>
Football	Shin pads, boots with safe studs	
Field Hockey	<i>Goalkeeper - full body protection and helmet</i>	Mouth guard Shin pads Glove on left hand
Lacrosse	<i>Helmet</i> <i>Gloves</i> Goalkeeper – full body protection	
Rugby	Boots with safe studs	Mouth guard Shoulder pads Head guard
Squash / racketball		<i>Eye protection</i>

* Items in italics are provided by the school where compulsory and are available where recommended.



Rugby Football Union - Concussion Education Code of Practice

The RFU have taken a lead on information relating to concussion – you are advised to take note of the information on the web-sites below (please scroll down on the first web-site as there is information below the 'page not found' note).

<https://www.englandrugby.com/my-rugby/players/player-health/concussion-headcase/#>

<https://www.englandrugby.com/participation/playing/headcase/general-information>