



Geelong West Giants Mouth guard Policy

For all registered players applicable during games

Introduction

Every year thousands of people are treated for dental injuries that could have been avoided by wearing a protective, custom-fitted mouth guard. Wearing a custom-fitted mouth guard 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 mouth guard.

Types of mouth guards

Custom-fitted mouth guards

Custom fitted mouth guards are superior to over the counter mouth guards 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) mouth guards

These mouth guards include stock mouth guards that do not require fitting, and mouth guards that can be placed in hot water and then self-fitted by biting into them. These offer less protection, can dislodge during play and are not recommended

Giants Geelong West Mouth Guard Policy,

- Mouth guards are recommended and are required to be worn by all players during games.
- The club will operate a 'No Mouth guard, No Play' policy
- Coaches and Team Managers will be directed to actively advise all players for compliance

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 your child with the Club you agree to abide by this policy.