

Hockey health and safety

The Safe Practice book offers guidance on all areas of PESSPA activities, please see page 207 of the Safe Practice for further information on appropriate kit for hockey where it states...

2.13.34 The safety benefits of wearing mouth guards for match play and competitive practises have been widely recognised for a considerable time. Schools are strongly advised to consider introducing mouth guards as part of their PESSPA kit requirements both at primary and secondary levels. For hygiene reasons, mouth guards cannot be share, but schools may consider purchasing them, and consider how use is best managed.

2.13.35 Shin Pads offer protection to the lower leg, and should be worn for competitive matches and whenever there is a risk of injury. It is recommended that students are encouraged to wear shin pads during lessons that involve game or match play. Better protection is provided where the pad covers much of the length of the leg between knee and ankle. However, the pad should not hinder performance. Some shin pads provide protection for the ankles as well as the shins, which can be particularly useful in hockey. Unlike mouthguards, shin pads can be 'shared' so while schools can include shin pads on their PESSPA kit list, they might also keep additional sets for students who 'forget' them or are unable to provide them.

Things to think about

- *Does the school deliver hockey within curriculum PE and/or out of hours competitions?*
- *How will you communicate this guidance to parents?*
- *What year groups play hockey and would need PPE?*

The school could provide all students who need their own mouth guard for their PE lesson or competitions. (funded through PE Premium) Following this, students will need to purchase a replacement, if they lose it. Alternatively, if you are asking parents to purchase the mouth guard, the school may decide to source them in bulk for this purpose.

- *Do you make the decision for the compulsory use of mouth guards?*
- *If the decision for compulsory use of mouth guards is made within the school term, a letter communicating the proposed change to parents of those students affected is sufficient. However, in the longer term, the details should be built into the physical education kit policy, and communicated through the normal channels, such as the school newsletter, prospectus and website.*

Staff will need to check who has their mouth guard at the start of each lesson, and in cases where students do not have their mouth guard with them, the member of staff needs to manage the situation using the methods set out in this section in order to make the activity safe for all participants. Students should not be completely excluded on the basis of not having the required PPE.

The school could purchase a set of shin pads for PE lessons or competitions using the Sports Funding.