



3 September 2018

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. 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 who visit us twice a year – in the latter weeks of the Summer Term and the first weeks of the Autumn Term. Many parents also contact them directly and are sent an impression pack from which oPro can make a custom fitted mouth guard ([www.opro.com](http://www.opro.com) or 01442 430690).

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.

Please also take time to undertake the Concussion Education Code of Practice as detailed below 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.

Yours sincerely,

Mr Andy Kenward  
Director of Sport



# PPE

Activity	Compulsory	Recommended
Cricket	<i>Batters pads, bat, box, gloves and helmet</i> <i>Wicketkeeper – pads, box, gloves and helmet (helmet need not be worn if keeper is standing back)</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> <i>Goalkeeper – full body protection</i>	
Rugby		Mouth guard Shoulder pads Head guard Safety studs
Squash/racquetball		<i>Eye protection</i>

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





## Schools

### Rugby Football Union Concussion Education Code of Practice

The RFU, our Constituent Bodies and partners are determined to ensure that we lead the way in keeping the welfare of our players at the forefront of all we do. Therefore as part of your involvement in the annual Schools Cup, we alongside the ERFU, would like you to commit to the Concussion Education Code as follows in your school:

All players in extra-curricular contact rugby in Year 10 and above to have successfully completed the 20-minute Headcase Concussion Awareness Course for players available [here](#)

All players in curricular rugby in Year 7 and above to have watched the 7-minute ERTV Concussion video available [here](#)

Rugby parents in the school to have been signposted to the Headcase Concussion Awareness programme [here](#)

*Please note that these are also available through our [school website](#).*