

SIDCUP RUGBY FOOTBALL CLUB

Protective Equipment Policy

The Club recognises that the wearing of protective equipment by players of all ages is an individual decision. However, for youth players (those under 18 years of age) the club strongly recommends that a good well fitted mouth guard is worn along with head guards and shin pads at all training sessions and matches.

The wearing of other types of protective equipment by any player i.e. shoulder pads, forearm protector, mittens etc is a personal preference. Whatever protective equipment is worn it **MUST be IRB approved** (displaying the label of proof) and be the correct size and fitting for the player who is wearing it.

Only aluminium or composite studs bearing the **BSI Kite mark** and of regulation size are legal as are boots with moulded rubber multi-studded soles.

BLADES – We consider bladed style boots not acceptable for rugby at either training or matches and strongly recommend that they are not purchased. Increasing reports of not only terrible lacerations to opponents but also ligament injuries to ankle, knee and hip joints to the wearer make these type of boots unsuitable to wear when involved in rugby.

It is also strongly recommended that each player has his/her own personal water/drinking bottle to avoid risk of cross infection.

It is important that children have adequate clothing to keep warm and dry at both training sessions and matches. A tracksuit or sweatshirt, hat, gloves and a waterproof jacket are recommended.

Saving money by buying illegal, inferior or poor fitting items must be discouraged as this can lead to a false sense of security/safety and could cause unnecessary injury.