



Alderman Peel High School

Alderman Peel High School
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Re: Rugby boots and mouth guards

Dear Parent/Carer

Over the next few weeks, your child will be undertaking a scheme of work on Rugby within their PE lessons.

In order to do this safely, students must have the correct personal protective equipment. The use of trainers (without studs) on wet grass poses a likely risk of injury. **It is therefore compulsory that students must wear studded boots (i.e. football or rugby boots) for all aspects of the lesson.** This forms part of the compulsory kit and is required for every rugby lesson.

The Rugby Football Union (RFU) strongly recommends that mouth guards (also referred to as gum shields) are worn for any contact rugby activity (both training and matches). **It is therefore compulsory that students must wear a mouth guard for the contact elements of a lesson.** In other words, if a student does not have a mouth guard, they will not be permitted to engage in contact/tackling activities and unable to progress in the lesson.

The RFU recommends that mouth guards are custom-fitted, but we recognise that there is a significant cost to this. There are alternatives available, such as boil in the bag or pre-moulded mouth guards. These generally provide a reduced level of fit and protection, so this should be a consideration when making a decision on which type to buy.

Mouth guards are available to buy from the PE department at the significantly reduced cost of £1, but should be moulded using boiling water before use.

Students should continue to bring all compulsory kit, including football socks, shorts, PE top (although an APHS rugby shirt is recommended) to each lesson. It is also recommended that students bring a small towel to wash with and a plastic bag to store wet or dirty items after the lesson.

If you have any questions about this please do not hesitate to contact a member of the PE department by email or through the school reception.

Yours sincerely

The APHS PE Department

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