

PRUFC Protective Equipment Policy

Boots

Boots must be worn in match conditions. Shinguards are advised.

Only studs conforming to BS6366 1983 or equivalent will be allowed (Aluminium studs having the BSI Kite Mark). Studs with jagged edges pose a serious danger to other players, particularly in the older age groups where there is a likelihood of players lying on the ground. Studs should be examined regularly to ensure there are no missing studs or rough edges.

Gumshields/Mouthguards

Mouthguards should be worn at all times during games and practices in which impacts to the teeth and jaw are possible.

Custom-fabricated mouthguards should be the mouthguard of choice, especially for players in more vulnerable positions and in higher age groups.

Mouthguards should be replaced every two years or if they show signs of damage or deterioration (e.g. splits or loss of resiliency). Replacement should be more frequent for growing children.

Padded Clothing & Headgear

All padded clothing and headgear must carry the 'IRB approved' label and be in serviceable condition.

It should be noted that headgear and padded clothing can only protect from superficial injury such as cuts and bruises. Recent studies have shown that currently available headgear does not reduce the likelihood of concussion and that padded clothing does not protect from serious shoulder injuries. Hence players and coaches should not have unrealistic expectations regarding performance and should commit themselves to the use of safe skills, particularly in tackling and being tackled.

Fingerless gloves may be worn during a match.

Severe Weather Clothing

Severe weather conditions can occur during the rugby season. Players should ensure that additional clothing, gloves, hats and waterproofs are available.

Tetanus Injection

PRUFC recommend that all players should have up-to-date tetanus injections.