



SPORTS MOUTHGUARDS - SAMPLE POLICY ORGANIZATIONAL POLICY STATEMENT

Putting More Bite into Injury Prevention



Research shows that orofacial injury in sport is prevalent and carries significant medical, financial, cognitive, psychological and social costs. Research also confirms that sports mouthguards can prevent orofacial injuries. Properly fitted sports mouthguards should be considered as an essential piece of protective equipment in sports that present a risk of orofacial injury at the recreational and competitive level, in both practices and games.



Sports Mouthguard Policy Statement

Name of sporting organization

- Mandates the use of properly fitted sports mouthguards for all registered players during practices and competition
- Will develop a plan to address compliance for mandatory wearing of sports mouthguards
- Will provide health promotion and education for athletic trainers, coaches, sports officials, organizers, administrators, athletes, and parents.



Recommendations:

1. A custom-fitted sports mouthguard fabricated by a dental hygienist or other oral health care professional is highly recommended as offering the best protection.
2. It is recommended that the sports mouthguard be coloured so that it can be easily spotted if it falls out of the athlete's mouth
3. Ideal sports mouthguards should have 3mm of shock absorbent thickness
4. Replace the sports mouthguard every 2-3 years or if it becomes torn, split, worn or no longer fits
5. Bring it to all dental hygiene visits to ensure it fits correctly.



For more information: www.cdha.ca/mouthguards