



POLICY: PLATINUM TAEKWON-DO MOUTHGUARDS

Mandatory mouthguard policy for all registered members applicable during 'contact' activities including training and competition.

Rationale

Every year thousands of people are treated for dental injuries that could have been avoided by wearing a protective, custom-fitted mouthguard. Wearing a custom-fitted mouthguard helps to absorb and spread the impact of a blow to the face, which may otherwise result in an injury to the mouth or jaw.

Dental injuries can result in time off school or work to recover, can be painful and disfiguring, may involve lengthy and complex dental treatment. The cost of an injury to the teeth or jaw far exceeds the cost of a mouthguard.

Types of mouthguards

Custom-fitted mouthguards

Custom-fitted mouthguards are superior to over the counter mouthguards and are made from a dental impression and a plaster model of the teeth. They provide the best protection and comfort for all levels of sport.

Over-the-counter (boil and bite) mouthguards

These mouthguards include stock mouthguards that do not require fitting, and mouthguards that can be placed in hot water and then self-fitted by biting into them. These offer less protection, can dislodge during play and are not recommended.

General Principles

Considering the safety and protection benefits presented by mouthguards, Platinum Taekwon-Do has this policy in place.

- Mouthguards are mandatory and are required to be worn by all members during training and competition.
- The club will operate a strict 'No Mouthguard, No Play' policy without exception.
- Instructors and coaches will be directed to actively check all players for compliance and remove non-complying players from training or competition environments until such time as they comply.

International competition

All members are required to wear a clear transparent mouthguard in accordance with the rules and regulations of the International Taekwon-Do Federation.

The club's priority is to deliver the highest standards of safety during training and competition at all times. This policy is implemented as part of this objective.

By registering yourself or your child with the Club you agree to abide by this policy.

Non Compliance

All instructors and coaches will enforce the mouthguard policy and any non-compliance will be handled according to the following process:

- Explanation of the policy to the person/people concerned, including identification of the section of policy not being complied with
- Continued non-compliance with the policy should be handled by at least two instructors who will use their discretion as to the action taken.

Policy Review

This policy will be reviewed annually to ensure it remains relevant to club operations and safety requirements.

Signature

Signed: *A. Cheong*

Adeline Cheong VI Dan instructor

Signed: *P. Raymond*

Paul Raymond V Dan Instructor

Date: _____22 October 2018_____

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Next policy review date is **22 October 2019**
