



## **Selwood PE Department**

# **Personal Protective Equipment (PPE) Information for Parents and Carers**

### **What is PPE?**

Personal Protective Equipment (PPE) includes any device worn or held by an individual for protection against one or more potential safety hazards. The most common forms of PPE used in school PE lessons include mouth guards, shin pads, helmets and padding.

The use of PPE is increasingly common in PE. Although wearing it will not guarantee protection from an injury, it can reduce the severity. Parents/carers are advised that it is their responsibility to provide their child with PPE where it has been recommended by the Academy.

### **What types of PPE should I purchase for my child?**

All of the PPE discussed below can be purchased relatively cheaply from any reputable sports shop or website. Indicative costs have been provided.

#### **Studded boots (£15-£50)**

Studded boots such as football boots provide significantly more grip and stability when physical activity is taking place on soft, wet ground. Plastic or moulded rubber studs are also compulsory for any practical lesson taking place on the 3G pitch in line with the manufacturer's safety recommendations.

### **What other types of PPE should I consider purchasing for my child?**

#### **Mouth guards (£2-£45)**

Mouth guards (also known as gum shields) help to protect teeth and gums, reduce the likelihood of lacerations inside the mouth and injuries caused by teeth to an opponent in a collision.

They can be purchased from any reputable sports shop or sports website and can be fitted at home, under parental supervision by following the manufacturers instructions.

A mouth guard can also be fitted by a dentist/dental technician. These can be significantly more expensive, but are considered to offer a higher level of protection.

For hygiene reasons, mouth guards should not be shared.

#### **Shin pads (£3-£20)**

Shin pads offer protection to the lower leg, reducing the risk of lacerations and fractures.

### **Swimming goggles (£5-£15)**

Swimming goggles are only recommended for those pupils swimming at competition level and for extended regular training sessions.

Within short curriculum lessons for beginners and short races, goggles are not considered necessary by the Academy, but may be useful as they can help to maintain the required body position and improve vision in the water. However, feeling safe in the water and swimming underwater should not be dependent on wearing goggles.

When worn, pupils will be taught to remove goggles by slipping them off the head, not by stretching the retaining band as wet plastic can be slippery and may cause injury to the eye area. Please note, given the potential for injury, the Academy reserves the right to require any pupil to remove their goggles for reasons of safety if they are constantly adjusting, removing and replacing them. You will be informed if your child is asked to no longer bring goggles to their swimming lessons.

Swimming teachers working on behalf of the Academy are not responsible for fitting and adjusting a pupil's goggles. Where pupils choose to wear goggles they need to be able to carry out the task of fitting them independently.

### **Cricket Box (£4-£15)**

A cricket box is a hard plastic shell which is designed to be worn over the groin area when playing hard ball cricket (not played in PE lessons, but as part of the cricket ACA in key stage 3) to protect the genital area.

### **Specialist PPE**

Some specialist/expensive PPE equipment will be provided by the Academy when its use is considered compulsory. Although any pupil who elects to participate to a high level may choose to obtain and use their own. Specialist PPE includes:

- Hockey goalkeeper kit
- Cricket leg pads, gloves and helmets (hard ball cricket only)

Shoulder pads and padded helmets are permitted by the Academy for contact rugby.

### **Which sports require what PPE?**

Included in the table below are the sports your child is likely to participate in whilst at Selwood Academy and what specific PPE is recommended for each.

You can see when your child requires the recommended PPE by looking at the program of study for your child's PE class, which is available on the Academy website.

| <b>Sport</b> | <b>PPE advice for PE lessons and ACAs</b>                       | <b>PPE advice for fixtures</b>   |
|--------------|---|--|
| <b>Rugby</b> | Studded boots, mouth guards and shin pads strongly recommended. | Studded boots compulsory. Mouth guards and shin pads strongly recommended. |

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| <b>Football</b>   | Studded boots and shin pads strongly recommended.  | Studded boots (depending on pitch surface) and shin pads compulsory. Mouth guards strongly recommended. |
| <b>Hockey</b>   | Studded boots, mouth guards and shin pads strongly recommended.  | Studded boots (grass pitches only) and shin pads compulsory. Mouth guards strongly recommended.         |
| <b>Cricket (hardball only )</b>   | Cricket box compulsory when batting or keeping wicket/fielding close. All other PPE (helmet, gloves, leg pads) is compulsory, but provided by the Academy. |   |
| <b>Lacrosse</b>   | Studded boots, mouth guards and shin pads strongly recommended.  | Studded boots (depending on pitch surface) and shin pads compulsory. Mouth guard strongly recommended.  |
| <b>Swimming</b>   | Goggles can be worn at the teacher's discretion.   | Goggles recommended.  |
| <b>PLEASE NOTE: ALL LESSONS TAKING PLACE ON THE 3G ARTIFICIAL PITCH REQUIRE STUDED FOOTWEAR (PLASTIC OR MOULDED ONLY). 'ASTRO' STUDS ARE NOT PERMITTED.</b> |  |   |

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following sports and activities do not require any specific PPE, although studded boots are strongly recommended if playing any of the below on the sports field in soft, wet conditions. **Studded boots are compulsory when any of the below are taking place on the 3G pitch.**

- Kwik Cricket
- Gymnastics
- Ultimate Frisbee
- Volleyball
- Tag rugby
- Tennis
- Mini tennis
- Orienteering
- Basketball
- Dance
- Rounders

#### **What if my child does not have the compulsory PPE for a fixture?**

Where available and appropriate, your child can share PPE or borrow from the PE department. If this is not possible the Academy may contact you to see if you are able to bring in the required PPE, however, they cannot guarantee it. In this situation, your child will not be able to take part as planned, but may be able to assist the teacher as a coach, assistant umpire/referee or score keeper. It is possible that another child who does have the required PPE may take their place on the fixture so it can go ahead.

#### **What if my child does not have the PPE for PE lessons where it has been strongly recommended that they do?**

As the PPE is only strongly recommended, rather than compulsory your child in most cases will still be able to take part in the planned activities. However, there may be the odd occasion when this is not suitable.

Therefore, the member of staff in charge may establish a safe playing environment by:

- Amending the activity so PPE is not required.
- Providing PPE items where possible and practical.
- Grouping pupils together who do not have the required PPE and assigning them a task which can be performed without the PPE.
- Rotating groups to take part in different activities/tasks, where some activities require PPE and some do not.
- Changing the task for all pupils so those without PPE are not put at risk.
- If only a few pupils do not have PPE, allowing them to take part in as much of the learning as possible and assigning them different roles during any parts of the lesson where a lack of PPE may put them at risk (ex. Coach, umpire, score keeper etc).
- A child may be temporarily placed in a different teaching group which does not require any PPE.
- Lending spare PPE where possible, for any pupils who cannot supply it themselves.

If you have any questions or concerns regarding the use of PPE for PE at Selwood, please contact the Academy.