



SAFETY IN SPORT

At Stowe, we are always very keen to raise our sporting standard. The demands of both time and physical commitment of the pupils are increasing rapidly and we are conscious of the very important need to heighten awareness of safety precautions in those sports which carry a higher risk in terms of potential injury. As well as taking every precaution in training, preparation, warm-ups and medical access during matches, a huge onus rests with the pupils themselves to ensure that their own commitment to the sport also involves the care they take in the preparation of their equipment.

The specific areas I would like to draw your attention to are as follows:

1. **Mouth Guards**

COMPULSORY equipment for Rugby, Hockey and Lacrosse and RECOMMENDED for other contact sports.

All pupils participating in rugby, hockey and lacrosse **must** wear mouth guards. These must be fitted and moulded by a dentist or orthodontist and a mould retained in case of future loss or damage. Please would you arrange for your son/daughter to arrive at School in September in possession of a correctly fitted mouth guard. Please visit the OPRO website, www.opro.com, an organisation specialising in mouth guard fitting, which explains how to get this done.

2. **Shin Guards**

COMPULSORY for Hockey, Football and Rugby front row and RECOMMENDED for other Rugby forwards.

Available from the School Shop and on the clothing list for every pupil participating in hockey and football matches for the School and House teams. Rugby front row forwards (and of course other positions too) should also wear shin guards and ankle protectors at all times.

3. **Shoulder Pads**

HIGHLY RECOMMENDED for Rugby.

Vest-type shoulder pads are available from the School Shop and are on the clothing list for boys participating in rugby matches for the School and House teams. They must have the official IRB kite mark.

4. **Scrum Caps**

RECOMMENDED for Rugby.

Also available from the School Shop and on the clothing list for boys likely to play in School rugby teams, particularly for forwards, though very often worn by other players. They must have the official IRB kite mark.

5. **Cricket**

Helmets are COMPULSORY.

The School does supply helmets, however, pupils are encouraged to purchase their own. These are available from the School Shop.

Please note that when purchasing helmets, ensure that the 'gap' in the visor does **not** allow a cricket ball to pass through.

Cricket Equipment

It is worth buying your own cricket equipment to ensure that everything fits properly. Please include a thigh pad for extra protection and to help batsmen achieve good technique getting in behind the ball.

Spikes

All Stowe cricketers are expected to purchase and wear spikes whilst they are playing for the School and spikes are highly recommended when playing Inter-House matches. This helps ensure good footing on the playing field and therefore reduces the risks of muscle tears and other serious injuries caused by slipping when fielding, bowling and running between the wickets.

6. **Hockey**

Astro shoes can be purchased in the School Shop.

Left handed hockey gloves are HIGHLY recommended for all hockey players, especially for indoor hockey. These are available in the School Shop.

Cold weather hockey gloves are recommended for all hockey players. These are available in the School Shop.

Face masks are to be worn when defending penalty corners but will be provided by the School.

7. **Polo**

All players in School matches played under either HPA or SUPA rules **must** wear:

Knee pads
Safety glasses
Three point secured hats

Highly recommended kit is:

Stick glove
Polo boots (half chaps and paddock boots as a minimum)
Whip

All of this kit (except boots) can be provided by Stowe Polo Club.

8. **Riding**

All pupils who ride **must** wear:

Hat (to approved standard and Pony Club tagged, where appropriate, in competitions)
Jodhpurs (navy)
Gloves
Riding boots (long or short boots and chaps)
Riders' body protectors to approved standards
No fixed peak hats for x-c
Back protectors (**must** be worn when jumping and are advised when hacking out)
Stowe sports tops to cover shoulders and long sleeved tops for x-c
Hi-Visibility Vests (**must** be worn when hacking out)
NO HOODIES

9. **Eye Protectors**

Compulsory for Lacrosse and Squash/Racketball and recommended for Fishing.

The School Shop stocks eye protectors for lacrosse and squash/racketball.

If pupils need to wear spectacles for playing squash/racketball, they should have shatterproof lenses and elasticated ties around the head. 'Wrap around' sunglasses provide good protection for fishing.



10. **Footwear**

Athletics/Cross Country: spikes should be worn for Cross Country and either spikes/racing flats for the track. If your son/daughter specialises in a throwing or jumping event they should seriously look at buying the correct spikes e.g. Javelin throwers to buy Javelin spikes.

Hockey:	Astro shoes are highly recommended
Lacrosse:	Girls must play in boots with studs as the ground gets softer
Cricket:	Spikes are highly recommended to prevent slipping when playing
Tennis:	Tennis shoes are recommended
Badminton and Squash:	Appropriate and dedicated squash/badminton trainers should be worn on court at all times, these must have non-marking soles
Netball:	Netball trainers are highly recommended

11. **Caps for Protection against the Sun**

Pupils should protect themselves against the sun when exposed for a lengthy period of time by wearing caps, particularly when playing cricket and tennis, and also when rowing. School caps are stocked in the School Shop and, when representing the School, pupils will be expected to wear them.

12. **On-site Ambulance Cover for Sports Fixtures**

Currently Stowe School has an agreement for the provision of First Aid Services with Immediate Care Medical (ICM). Although an ambulance will often be on-site, it is here to provide First Aid cover only and **not** to transport our pupils to hospital. We must go through the normal channels if an emergency ambulance is required.

13. **Hydration**

Hydration is essential before, during and after activities where there is a likelihood of significant water loss. Stowe water bottles are available in the School Shop.

14. **Sailing**

All members of the School team must have wetsuits. These are highly desirable for other sailors, who must otherwise have suitable waterproofs. It is also helpful to have a spray top, appropriate footwear, gloves, hat and a watch for starts. Team sailors often have their own buoyancy aids, although the School also provides these.

15. **Cycling**

Compulsory:

Helmet - must be appropriate and fit properly, and be intact with no cracks or damage of any kind
Protective eyewear e.g. sunglasses
Spare inner tube and tyre levers
Portable bike pump/CO₂ gas canister inflator
Mobile phone
Gloves

Recommended:

Bike lights front and rear
Packable waterproof top

