**STUDENT MOUTHGUARD USE**

Students who participate in sports where there is a strong likelihood of orofacial injuries will be required to wear mouthguards in both practice and game play.

This policy is directed to the following sports at Central High School and Central Middle School:

* soccer
* field hockey

“Boil and bite” mouthguards as well as “custom-made” mouthguards meet specifications for acceptable types. “Stock” mouthguards do not meet this standard.

Although not required for participation in other sports, students are urged to consider the benefit of wearing a mouthguard while participating in all sporting activities including physical education activities.

Adopted: February 25, 2019