WINCHESTER RUGBY FOOTBALL CLUB

**PLAYING KIT AND EQUIPMENT POLICY**



Everybody involved in rugby at WRFC should have a responsible attitude towards the prevention and management of any injury. Coaches and WRFC nominated First Aiders have a specific responsibility to provide a safe and competent level of care to any injured player.

**The safety of the individual takes priority over the game of rugby.**

IRB Law 4 details the definition for playing kit and regulates any additional items of clothing including pads, mits, medical support and mouthguards.

At WRFC, we require the following:

**Mouthguards / Gumshields**

At WRFC we recommend that all players from U7’s upwards wear suitable mouthguards at all times.

Mouthguards are **mandatory** for all WRFC players from U9’s upwards for **all** sessions; training and competitive play.

Players without mouthguards will be prevented from training and competing. Mouthguards (and boiling water) are always available from the clubhouse.

WRFC will arrange for a dentist to attend a number of specified sessions at the beginning of each session for those members wishing to purchase a custom fitted mouthguard.

**Studs and Blades**

At WRFC we prefer our players to wear boots with metal rugby studs. Blades can be used providing they have no sharp edges or ridges.

It is the player’s (or parent’s) responsibility to ensure that they play in safe boots.

**Glasses**

At WRFC players may not wear glasses whilst playing. Only players up to and including under 12’s may wear specially designed and manufactured sports goggles.

**Names on shirts**

At WRFC we prefer all our Mini and Junior players not to wear shirts with player names or nick names on their kit. We consider this poor practice to do so as it would allow the child to be easily identified by those to whom the child is otherwise, unknown.