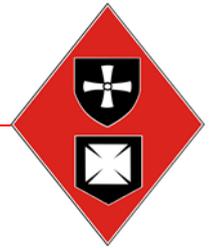


# DAME ALLAN'S SCHOOLS

FOUNDED 1705



6 July 2016

Ref: CMB/NLH/010716

Dear Parent(s)/ Guardian(s)

## **Games department policy/ procedure review**

With students due to resume their winter sports commitments next term, I am writing to advise you of several updates to our games department policies and protocols.

### **Concussion**

Where a concussion injury occurs or is suspected, Dame Allan's Schools follow the collective guidance issued by key agencies, in particular the RFU. The Schools take this seriously and we would therefore like to draw your attention to the wider protocols suggested, if your son/ daughter is unlucky enough to be concussed when participating in a sporting activity. You are able to familiarise yourself with these procedures by following the link below and watching the very useful video:

[www.englandrugby.com/my-rugby/players/player-health/concussion-headcase](http://www.englandrugby.com/my-rugby/players/player-health/concussion-headcase)

All school coaches have been instructed to follow the guideline 'if in doubt, sit them out' and any player who leaves the field of play as a result of an injury to the head, will not return to that game or session. Following this, he/ she should be seen by their doctor on the same or the next working day. In the event of a concussion diagnosis, we will follow the protocol as set out by the RFU. The advice is clear that a player should not return to contact sport again until he/ she is signed off as fit by a medical professional. We therefore ask for your support in ensuring, where necessary, that these medical requirements are fulfilled.

If your son/ daughter finds themselves in this situation please email his/ her team coach, our school nurse and copy in myself, [c.mcbain@dameallans.co.uk](mailto:c.mcbain@dameallans.co.uk) to confirm that you are happy for him/ her to return to play.

### **Mouthguards**

Further to the above, we **strongly recommend** pupils wear mouthguards for all contact activities, including hockey and football.

RFU national regulations do not make their use compulsory until representative level, therefore we cannot prevent a pupil from playing without one. Likewise, England Hockey recommend mouth protection be worn but it is not a mandatory requirement. However, pupils will always be strongly advised to use a mouthguard whilst participating in these activities.

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You will have received a separate letter informing you that the school has arranged for OPRO, a dental mouthguard organisation, to visit school should you wish to access this service. Furthermore, 'snapfit' mouthguards will be available to purchase in school should your son/ daughter find themselves without one for any reason. I would like to stress, however, that the latter option should only be used in exceptional circumstances and it is his/ her responsibility to make the necessary arrangements prior to the sporting activity taking place. Details of how this can be done will be explained to students at the start of next term.

### Trainers

It has previously been policy in the girls' school that students wear predominantly white trainers for PE/ Games activities. We appreciate, however, that changes to the retail sector now make this more difficult and that it is not always possible. Therefore, I am pleased to inform you that we have made the decision to relax this policy and will now allow students to wear a wider variety of trainers - within reason! (i.e. no significant amounts of neon ).

This policy is now consistent across both the girls' and boys' schools with all trainers still needing to be suitably supportive with non-marking soles.

I would also like to take this opportunity to remind you that details of all sporting fixtures can be found via the main school website and also by directly accessing the information online at [www.schoolsports.com](http://www.schoolsports.com)

If you know that your son/ daughter will be unavailable for a scheduled fixture please continue to inform the team coach at the earliest available opportunity.

Many thanks for your continued support. Should you wish to discuss any of these, or other, matters further please do not hesitate to contact me.

Yours faithfully

**C McBain**  
**Director of Sport**