

Rutherford Rugby Club

Dental Safety and Requirement

Without a mouth guard, a blow to the lower jaw or a direct blow to the teeth sends shock waves through the skull. A direct impact can cause injury to the teeth and/or injury to the jaw.

A mouth guard can act like shock absorbers by spreading the force over a larger area and increasing the time for the force to dissipate. The mouth guard should prevent and vastly reduce any injury.

For more information about dental safety or to purchase a mouth guard, please visit www.oprogroupp.com. OPRO is the office mouth guard of USA Rugby.

A protective **mouth guard is required at all times** while practicing or playing for Rutherford Rugby Club. If a player attends practice or a game without a mouth guard he or she will not be allowed to participate.

Player Name _____

Players Signature _____ Date _____

Parent/Guardian Signature _____ Date _____