

Rugby Ontario

Mouthguard Use Policy

Effective Date: April 28, 2026

Approved By: Rugby Ontario Board of Directors

Why This Policy?

Rugby Ontario is committed to player safety. Wearing a properly fitted mouthguard helps protect against dental and jaw injuries and supports our overall approach to concussion management in line with **Rowan's Law**.

What You Need to Know

- **Mandatory:** Mouthguards must be worn in all matches, training sessions, and warm-ups involving contact.
 - **No Mouthguard, No Contact:** Players without a mouthguard cannot participate in contact activities.
 - **Best Option:** Custom dentist-fitted guards are strongly recommended.
 - **Other Options:** Properly fitted boil-and-bite guards are allowed if they meet safety standards.
 - **Not Allowed:** Stock (unfitted) mouthguards or damaged mouthguards.
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Player Responsibilities

- Bring a compliant mouthguard to every session and match.
 - Keep it clean, in good condition, and replace it if damaged or doesn't fit properly.
 - Report any dental injury or suspected concussion right away.
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Parent/Guardian Responsibilities

- Ensure your child has a properly fitted mouthguard.
 - Reinforce the importance of always wearing it during contact rugby.
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Coaches & Officials

- Will check mouthguard use before contact starts.

- Players without a mouthguard will not be allowed to join contact activities until compliant.
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Care Tips

- Rinse before and after use.
 - Store in a ventilated case.
 - Avoid heat (car dashboards, hot water).
 - Replace annually or sooner if fit changes.
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Key Reminder

Wearing a mouthguard does not prevent concussion, but it is an important part of player safety. Rugby Ontario also follows strict concussion recognition and return-to-play protocols as required under Rowan's Law.

NO MOUTHGUARD, NO CONTACT.