Dental injuries are the most common type of oral facial injury in sport. They can keep players out of sport for a significant amount of time and often prove costly.

The National Health and Medical Research Council and Sports Medicine Australia, officially recommends wearing custom made mouthguards when participating in contact sports.

In order to reduce the incidence and severity of oral facial injuries, Christ Church Grammar School mandate that all boys playing the following contact sports (i.e. Basketball, Rugby, AFL Football, Hockey) wear mouthguards (preferably custom fitted) at **ALL** training sessions and at **ALL** fixtures, as dental injuries can happen just as easily at training as they can in competition.

SPORT	MOUTHGUARD REQUIREMENT
Athletics	Not required
Australian Rules Football	**Mandatory**
Badminton	Not required
Basketball	**Mandatory**
Cricket	Not required
Cross Country	Not required
Golf	Not required
Hockey	**Mandatory**
Rowing	Not required
Rugby Union	**Mandatory**
Sailing	Not required
Soccer	**Preferred**
Surfing	Not required
Swimming	Not required
Tennis	Not required
Volleyball	Not required
Water Polo	Not required
Diamond Fitness (Prep)	Not required

Martial Arts (Prep)	Not required
Parkour (Prep)	Not required
Total Sports (Prep)	Not required

A custom fitted mouthguard, unlike the over-the-counter variety, fits a person's mouth perfectly. The accurate fit and uniform thickness of the shock absorbing plastic, maximises the shock absorbing effect and can reduce the force of oral facial injuries.
Boys who do not take the school's advice and purchase a custom fitted mouthguard, train and play at their own risk.

As part of the educative process on oral facial injuries in sport, senior school students have been shown a promotional video on the possible outcomes from facial contact in contact sports.