



Anthony Gell
— School —

JEWELLERY AND MOUTHGUARDS GUIDANCE

2026-2027

The following guidance is from the Association for Physical Education (AfPE)

Jewellery

1. All jewellery should be removed before participating in any physical activity. This applies to:
 - all ear and body piercings, including retainer and expander earrings
 - necklaces
 - rings
2. If students have recently had a body part pierced, they can cover with tape – the amount of tape needs to be sufficient to prevent the piercing penetrating, e.g. the bone behind the ear should an unintentional blow be received from someone or some item of equipment such as a ball.
 - For some sports such as Trampolining and contact sports students will not be able to participate if jewellery has not been fully removed – even if taped. In this instance the student can contribute to group planning, designing and tactical discussions, or can have different tasks assigned to them during practical elements of the lessons
e.g. individual skills practices, peer coaching, observation and feedback tasks.
3. Teachers will remind students at the start of each lesson to remove all jewellery.
4. **Medical bracelets:** Recent developments in the manufacture of medical-aid wristbands have resulted in products with an acceptably low risk factor. Such items are acceptable for PE lessons. However, the items will be checked by a teacher to ensure there are no hard or sharp edges that may cause injury. Where there is any concern, the bracelet can be covered with tape, padding or a soft, sports style wristband
5. **Fitness watches** and wristbands monitoring activity should be removed for all sessions.
6. **Religious artefacts** need to be removed or made safe. Health and safety law would usually take precedence over equality law because of the implication of the “safety of others” and the specific duty set out in the Health and Safety at Work etc Act 1974.
7. **Sensory aids:** The decision as to whether it is safe or possible to wear **glasses** or **hearing aids** will be determined by the nature of the activity. Activities involving physical contact and full game situations may not be appropriate.
8. **Long hair** should always be tied back with a suitably soft item to prevent entanglement in apparatus and to prevent vision being obscured.
9. **Nails** need to be sufficiently short to prevent injury to self and others

Mouthguards

1. The wearing of mouthguards for contact sports such as hockey and contact rugby is strongly recommended for all students.
2. Whilst schools cannot judge the quality of mouthguards, acting on the advice of the British Dental Association, the school advise that mouthguards should be made from a dental impression of the teeth. The responsibility for the standard of mouthguards provided rests with the parent / carer.
3. Teachers / coaches / referees will ensure that where appropriate students are reminded to wear mouthguards.
4. Where students turn up without a mouthguard, they will be reminded of the dangers of taking part in contact sports without a mouthguard. The teacher may adapt games accordingly for students without a mouthguard where deemed necessary.
5. The school will require all students participating in competitive games of hockey and rugby to represent the school to wear mouth guards.