

KEEP YOUR FACE AND HEAD PROTECTED

Facial and head injuries, whether bruises, cuts, broken bones, or damaged teeth, can often be prevented with the right protective gear. Regardless of regulations, athletes should consistently wear protective equipment during practices and competitions to minimize the risk of injury. A proper fit is crucial for effective protection, so consult your sports physiotherapist to ensure your gear fits correctly.

MOUTHGUARDS



Required Sports: Field hockey, Australian football, American football ice hockey, lacrosse, wrestling (for athletes with braces or orthodontic devices)

Purpose: To protect teeth and the mouth

Considerations: Mouthguards are a simple and cost-effective way to prevent serious injuries, including fractures and tooth displacements.

HELMETS

Required Sports: Cricket, American football, ice hockey, baseball, softball, men's lacrosse

Purpose: To prevent skull fractures (note: they do not prevent concussions)

What to Check: Ensure your helmet has a certification sticker from the National or International regulating body.

THROAT GUARDS



Required Sports:
Goalies in hockey and lacrosse, catchers in softball and baseball

Purpose: To protect against serious injuries such as contusions, lacerations, and fractures

Considerations: Various types of throat guards are available, and athletes should select one that provides the best protection while ensuring comfort for their position.

FACEMASKS

Required Sports:
Ice hockey, men's lacrosse, football, softball

Purpose: To shield the eyes and jaw in hockey and lacrosse, and to protect facial bones in football

Considerations: Different positions require specific facemask designs. For instance, a lineman's facemask is typically more protective with a closed cage compared to that of a quarterback or receiver.

EAR PROTECTION



Required Sports: Wrestling, water polo

Purpose: To prevent injuries to the scalp and ears

Considerations: Athletes should wear protective gear during practices, even if it's not mandated, to avoid conditions like swimmer's ear, cauliflower ear, or broken blood vessels.

PROTECTIVE GOGGLES



Required Sports: Field hockey, small-ball sports like racquetball and tennis, and girls' lacrosse

Suggested Sports: Basketball, football, swimming

Purpose: To safeguard the eyes and surrounding facial structures

Considerations: Even if not required, wearing goggles is advisable, especially for those with a history of eye injuries. Swimmers benefit from goggles as they protect against chemicals and enhance underwater visibility.

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