

12/07/2023

Dear Parents,

An Important Safety Message from the Sports Department – Student Mouthguards

As you may be aware, the governing bodies of Rugby and Hockey strongly recommend the wearing of custom fitted mouthguards at all levels. The School policy is to adhere to these guidelines and we work with OPRO, the largest manufacturer of custom fit mouthguards in the world, who provide a custom RGSHW mouthguard at a discounted price.

To order an Instant Custom-Fit please follow the steps below:

1. Visit [OPRO](#)
2. Choose the mouthguard you'd like to purchase
3. Enter the discount code **RGSHighWycombe10** at checkout to receive 10% off
4. Your OPRO Instant Custom-Fit will be sent to the delivery address provided
5. Follow the fitting instructions included with the mouthguard
6. You will receive a complimentary Self-Fit mouthguard to practise the fitting process with and this can be used as a spare mouthguard for the season

There is no obligation to purchase a dentally fitted mouthguard and you may choose to purchase these items elsewhere. However, please note that all students will require a mouthguard if participating in Rugby or Hockey sports lessons. If your son already has a mouthguard, please check that it still fits, your child's growth can prejudice the fitting and effectiveness of a mouthguard.

Yours sincerely,

James Honeyben
Strategic Lead for Sport & Head of Rugby