



# Dereham Neatherd High School

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Dear Parent/Carer,

## Shin pads for PE lessons

Over the last few years, professional football players have been seen wearing increasingly smaller shin pads and naturally this trend has been adopted by grassroots players that want to emulate their heroes. As a school, we feel that these shin pads offer little or no protection and have noticed that an increasing number of pupils are wearing these for both lessons and extra-curricular activities.

Unfortunately, there is very little guidance on this subject, but the FA have issued the following guidance: *"Shin pads play an important role in injury prevention as they are intended to protect the shin from injury. 'Micro' or 'mini' shin pads may therefore increase the risk of injury due to the smaller amount of shin covered compared to larger sized shin pads."*

The FA advise when choosing what shin pads to wear *"that safety is prioritised by ensuring a good proportion of the shin area is covered, and therefore protected."* They also added it is important to look out for a CE mark when buying shin pads as this means the shin guards meet safety requirements.

### Example of shin pads that are acceptable:



### Example of shin pads that are not acceptable:



Please could I ask that you check the shin pads that your child is currently wearing for their PE lessons and for extra-curricular activities to ensure that they are full sized and offer the best protection for your child. Pupils wearing 'mini shin pads' for lessons or fixtures may be asked to not participate.

We thank you for your continued support.

Kind regards,

Mr C Barron  
Head of PE



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