



## Gumshields, Update to Players and Parents. September 2013.

As you know, it is now compulsory to wear gumshields at GAA football activities (games and training). There are no guidelines as to quality of product that must be worn. That decision is left to individual players or parents.

There are various options available, ranging from low-cost basic home-fitting, (costing from €4 upwards) to more expensive expert-fitted moulded models. Usually the cost of the latter is in the range of €40 - €70. The relative advantages and disadvantages include the following:

| Option:               | Low-Cost, self fitting  | Expert-fitted moulded product   |
|-----------------------|---|---|
| <b>Advantages:</b>    | 1. Cheapest option  | 1. Cheaper via Clontarf GAA than comparable product elsewhere.                  |
|                       | 2. Less expensive to replace lost gumshield.  | 2. Better protection than home-fitted product. Reduces chance of dental injury. |
|                       |   | 3. Easier to talk and breath.   |
| <b>Disadvantages:</b> | 1. Less protection than fitted product (some may offer little or no protection).  | 1. More expensive than home-fitted product.                                     |
|                       | 2. Often uncomfortable. This may cause player to constantly remove it during a game (limiting ability to catch a ball). | 2. More expensive to replace lost gumshield than home-fitting model.            |
|                       |   |   |

Clontarf GAA club has agreed to provide a gumshield-fitting service to its members. The cost to members will be €25 per fitted single-colour gumshield (significantly less than a fitted gumshield from other sources). The provider will be Kevin Shanahan, Dental Technician.

Arrangements are as follows:

Location: Upstairs in Clubhouse at Seafield Road.

Date(s): Tuesday September 17<sup>th</sup> and Thursday September 19<sup>th</sup>.

Time: 6.30pm to 9pm.

Completed gumshield will be available approx 2 weeks after fitting. Payment due at fitting.

Please inform your head mentor if you wish to purchase a fitted gumshield. It is necessary to gauge the level of interest. Alternative days may be organised, subject to interest. Each fitting should take only 3-4 minutes (It may be necessary to queue if busy at your time of arrival).