

## Safety equipment for School PE

### Boots for Football and Rugby (Compulsory)

Students at Spalding academy require boots for some PE lessons, as they will be taking part in Football and Rugby on the field. Obviously, we only expect each student to have one pair of boots but with so many different types and styles here is some quick advice about what type of boot to buy.



#### **Soft ground**

These boots usually have long metal studs. Ideal when it's wet.



#### **Firm ground**

These boots usually have lots of plastic studs, ideal for when ground is harder but can give some grip in the wet



#### **Astroturf trainers**

We have had some students arrive for Football/Rugby lessons with Astroturf trainers. These have rubber soles and **cannot be used on the field** for football/rugby. But can be used indoors and on the AstroTurf

### Other safety equipment

#### **Shin pads for Football and Hockey (Compulsory)**



#### **Gum shields/Mouth Guard for Hockey and Rugby (Highly recommended)**



Will need to be moulded