

Histon Hornets Football Club – Shin Pad Safety Policy



Purpose of This Policy

At Histon Hornets Football Club, player safety is our highest priority. To ensure all players are properly protected during training sessions and matches, we are updating our guidance on the type of shin pads permitted.

Policy Statement

Effective immediately, **Micro-style shin pads (including any similar thin, foam-based or non-protective variants) are no longer permitted** for use during training or competitive fixtures.

These products do **not** meet the safety standards required to protect players from impact injuries. As a result they pose an avoidable risk to the wearer and to other players.

Approved Shin Pads

All players must wear **appropriate, protective shin pads** that:

- Are made from a **rigid or semi-rigid protective material**
- Provide **adequate coverage** of the shin
- Are **securely held in place** (e.g., with straps or inside socks designed to keep them fixed)
- Meet recognised safety standards for youth and adult football

If you are unsure whether a pair of shin pads is suitable please speak to your coach before the next session.

Implementation

- Coaches will check shin pads before training and matches.
- Players without appropriate shin pads will **not be permitted to participate** until they have the correct equipment.
- Parents and guardians are responsible for ensuring their child arrives with compliant shin pads.

Why This Matters

Proper shin protection significantly reduces the risk of bruising, cuts and more serious lower-leg injuries. This policy helps us maintain a safe, enjoyable environment for all players.

Support

If you need guidance on choosing suitable shin pads, your coaching team will be happy to help.