

Dear Parents

The use of mouthguards is compulsory for rugby and hockey. We are once again at the stage where these need to be sorted before the winter season. There are four easily accessible options for Bishops parents.

1. **OPRO Bishops branded self-fit mouthguard**

The OPRO mouthguard is technically advanced mouthguard, offering a unique personalised fit and patented Power-Cage technology.

No pre-payment, no impressions or fitting appointments required.

Available in stock at The School Shop ranging from **R230-00 - R599.00 incl VAT**.

A valuable dental warranty protection is provided

<https://www.opromouthguards.co.za/explore/customer-service/self-fit-warranty>

For more information on OPRO see www.opromouthguards.com

For further information, please contact the School Shop directly.

2. **JME custom-fit mouthguard:**

JME impressions and fittings of the mouthguards will take place at school during the boys' lunch break. Cost for single colour: **R640.00 (normal)** or **R740.00 for orthodontic** cases (i.e. with braces). Cost for 2-colour (Blue & White): R750 (normal) or R790 for orthodontic cases

Impressions for mouthguards will be taken:

Thursday 17th March 12:30 – 14:00, Jagger Hall

Tuesday 22nd March 12:30 – 14:00, Jagger Hall

Further details can be found on this link: [DCJ Mouth Guards Order Form 2022](#)

Please Note:

- payment must be made by EFT prior to the impression being taken
- Bishops staff are not involved in the payment and paperwork of the order
- proof of payment must be emailed to jmemouthguards@gmail.com
- boys must bring the completed order form and proof of payment when they arrive for the impression.

3. **MAX custom-fit mouthguard:**

Max is situated nearby at 55 Scott Road, Observatory and can be contacted on 021 683 0273 should you wish to arrange to have a Max mouthguard fitted. **Cost is R695-00.**

<https://www.maxmouthguards.co.za/>

4. **Own Dental Practice**

You can also order a mouthguard through your own dentist.

If you have any other queries, please do contact me kmqomboti@bishops.org.za