



The Oakville Basketball Club Inc. Recommend The Following:

Playing sports can help your child stay fit, strong and gain important social and life skills. Be sure that your child gets the positive benefits from sports while protecting against injury.

Oakville Basketball Club Inc. recommends wearing mouth guards during our programs, leagues and events. Mouth guards can reduce the risk of sports related dental injuries.

Oakville Basketball Club Inc. recommends wearing sport goggles during our programs, leagues and events. Sport goggles can provide significant protection against eye injury when playing sports.

***Please note Oakville Basketball Club Inc. recommends finding the right Sport Goggles and Mouth Guard for your Child. The Oakville Basketball Club Inc. recommends consulting with your Eye Doctor and Family Dentist to learn more.

Oakville Basketball Club Inc. recommends all players are up to date with an annual physical from their Family Doctor.

Oakville Basketball Club Inc. recommends all participants remove all jewelry before stepping onto the court. Medical identification jewelry is permitted but must be secured to the satisfaction of Oakville Basketball Club Inc. Staff.



Oakville Basketball Club Inc. recommends that long hair is tied back and secured in a hair elastic.

Oakville Basketball Club Inc. recommends wearing size appropriate basketball shoes. These basketball shoes should be indoor court only.