

## BULMERSHE GYMNASTICS CLUB

# CODE OF DRESS FOR GYMNASTICS

Bulmershe Gymnastics Club follows the British Gymnastics Code of Dress for gymnastic activities which is designed to safeguard participants and coaches. The Code of Dress should be adhered to during training and events, but sensitivity to religious convictions regarding dress will be demonstrated. Concessions on dress will only be made within the bounds of reasonable safety

### ***Clothing Suitable for Gymnastics***

Clothing for gymnastics should not be too tight or too loose. Suitable clothing includes:

- ◆ Leotard (girls) or unitard and shorts (boys)
- ◆ T-shirt and shorts or jogging bottoms
- ◆ Tracksuit (for warm-up only)
- ◆ NO socks or slippery foot covering (children do gym in bare feet)
- ◆ NO buckles, zips or clasps
- ◆ NO watches, jewellery or other body piercings or adornments\*
- ◆ Long hair must be tied back from the face, neatly and securely.

\*Religious and medical jewellery may be permitted but must be covered by tape or a sweatband and the coach in charge of the session must be informed that the participant is wearing the jewellery.

If the wearing of such jewellery is deemed by the club's coaching or management staff to represent a risk of harm to the participant or others, the participant will not be permitted to take part in gymnastics while wearing it. Legitimate health and safety concerns will supersede any other considerations, be they religious, medical or other.

### **Bulmershe Gymnastics Club Uniform**

Club uniform can be ordered. Please see the main notice board or the club's website for details.