



Policy Document

CODE OF DRESS AND BODY PIERCING AND ADORNMENTS

During training the clothing should not be too loose nor too tight and should be appropriate to the activity. The wearing of clothing with buckles or clasps should be prohibited. On trampolines, socks and / or gym slippers must be worn. Long hair should be securely tied back to avoid distraction or loss of vision. Raised adornments on clothing should be discouraged.

Where the club provides training clothing, e.g. t-shirts, these should be worn whenever possible.

The Code of Dress for gymnastics and trampolining activities is designed to safeguard the participants and coaches.

This Code of Dress should be adhered to during training and events, but sensitivity to religious convictions regarding dress should be demonstrated. Any concessions on dress should be within the bounds of reasonable safety following risk assessment. The element of risk should be articulated to the coach/participant (parent or guardian) and every attempt to minimise the risk should be adopted.

If concessions are to be made then the statement below should be issued and signed by the gymnast / parent or guardian.

British Gymnastics believes that jewellery and adornments worn in body piercing are inappropriate for safe practice in gymnastics and trampolining. The following guidelines are strongly recommended to safeguard all those involved in the sport.

- A person with body adornments or jewellery must inform the coach and where practicable, remove the relevant items to reduce the risk of injury to the participant, the coach and others.
- Coaches must ensure that risks associated with jewellery and raised adornments on leotards are minimised.
- The Event Organiser or appointed Safety Officer is authorised to enforce the policy at any British Gymnastics event.
- The policy applies to all participants and coaches in training and in events at home and abroad.
- Failure to conform with this policy will prohibit the individual's participation on the grounds of reasonable safety and may render the individual's insurance invalid should an accident result directly from non-compliance with this policy.

The Code of Dress for participants at a BG Competition will be that stated by the FIG in the sport specific code. Any concessions or variance from this code will be published in the sport specific competition handbook.

Cambridge Kangaroos
Welfare Officers
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