



Dress Policy

Member

Overview

This policy document governs the dress requirements of members of Cambridge Cangaroos.

Requirements

Club members must:

- Wear appropriate sportswear for trampolining. Suitable clothing includes:
 - T Shirt (club t shirt must be worn)
 - Sports shorts above knee length (without sharp protrusions)
 - Tracksuit trousers/tight sweatpants
 - Jumpers (without hoods, exposed zips or toggles etc.)
 - Club leotard
 - Lycra shorts, DMT shorts or gymnastics trousers.
- Wear socks or trampoline shoes for all sessions.
- Attend in suitable footwear (ideally trainers) for the assistance of set-up and put-down.

The head must not be covered under any circumstances for reasons of safety. Dress of a religious nature is acceptable provided there is no compromise on safety. Such decisions are at the discretion of the session coach.

Recommendations

- Long hair should be tied up.
- Clothes that are aerodynamic are best for training performance.
- The club leotard is recommended for all members, particularly club squads.
- Any clothing with buckles, zips, clasps or belts etc. should be avoided.

Jewellery/Piercings

Cambridge Cangaroos believe that jewellery and adornments worn in body piercing are inappropriate for safe practice in gymnastics and trampolining.

Jewellery that cannot be removed

Should this be the case, rings and piercings must be sufficiently covered with protective tape. If an item can be removed it must be removed.

Religious and Medical Jewellery

Safety is paramount and any jewellery that is considered by the coach to be a safety hazard should be changed or participation may be prohibited. Any concessions on religious or medical jewellery must be within the bounds of reasonable safety.

NB: if a sweatband is used to cover up an item of jewellery when doing vigorous activity, the sweatband should be taped in place to minimise the risk of the sweatband slipping and exposing the item of jewellery.

More Information

Can be found in the British Gymnastics Body Piercing Policy or from your welfare officer(s).