

# Idsall Gymnastics.

Version	Summary of Changes	Date
1	Agreed by coaching staff and welfare officers	15 Apr 18
2	Table added to document to highlight changes and published to web site.	15 Apr 18

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## Code of Dress

### Introduction.

The Code of Dress for gymnastics activities is designed to safeguard the participants and coaches. Our dress code reflects the British Gymnastics policy on appropriate dress for gymnastics activity. It is the responsibility of parents to ensure that children are appropriately dressed for class. This includes the removal of jewellery and the securing of hair. Coaches have the right to refuse to allow children to participate on grounds of reasonable safety if they attend inappropriately dressed.

The following points should be adhered to during training and events:

- Gymnasts and coaches are to wear appropriate clothing, which does not impede the freedom of movement required by the activity and is not too loose as to constitute a hazard. In addition clothing with buckles, clasps or raised adornments are not allowed.
- For gymnasts this can include leotards, shorts and leggings.

**N.B. All Baggy tops and hoodies may be retained for simple warmup activities and start of the session stretching but must be removed after this.**

**If wearing crop tops during training, they must not be covered by loose fitting clothing (t-shirt etc) as this constitutes a hazard.**

- Long hair may become a hazard and it should be tied and gripped back to avoid accidents. This could include plaits, buns, ponytails.
- Participants should work in bare feet or gymnastics slippers.
- When participating on a trampoline, ensure that socks or suitable gymnastics footwear are worn.
- Long fingernails present a risk to the gymnast and coach. The coach is responsible for ensuring the length of fingernails is compatible with the activity.
- Coaches and gymnasts should be aware of the risks associated with wearing spectacles and minimise the risks by wearing flexible frames, an elastic sports band or contact lenses to ensure safety.
- All jewellery or piercings must be removed or where it cannot be removed it should be covered with protective tape. (Newly pierced ears can remain for up to six weeks but must then be removed.)
- It is recommended that all development and squad gymnasts wear hand guards when participating on bars to prevent injury to hands. Katie and Dave can provide advice prior to any purchase.

**N.B.** Participation Insurance is invalid if the rules on dress and jewellery are contravened. Further guidance can be found from the BG document 'Health & Safety Guidance: Coaching Practice.'

**Specific Circumstances:** To ensure that our activities are accessible to all, if there is a cultural or religious reason for the wearing of specific attire that contravenes our dress code, please speak directly to your head coach who will guide you through the exceptions process.

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<b>Signature:</b>	<i>KHulme</i> . Original signed	<b>Date:</b>	<b>15 Apr 18</b>	<b>Review date.</b>
<b>Name:</b>	<b>Katie Hulme</b>	<b>Position:</b>	<b>Head Coach</b>	