

CHELtenham & GLOUCESTER GYMNASTICS CLUB

Cheltenham & Gloucester Gymnastics Club Code of Dress

Cheltenham & Gloucester Gymnastics Club Code of Dress policy also encompasses the British Gymnastics policies for dress and body piercings.

Dress:

The Code of Dress for gymnastics activities is designed to safeguard the participants and coaches. The following points should be adhered to during training and events:

- Gymnasts and coaches must 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.
- Jewellery is not permitted to be worn during training. For exceptions, please read the **British Gymnastics Policy on Body Piercing and Adornments** (attached below).
- The wearing of clothing with buckles or clasps are dangerous and are prohibited.
- Raised adornments on gymnastics clothing are dangerous and are prohibited.
- Long hair may become a hazard and it should be tied back to avoid accidents.
- Participants should work in bare feet or gymnastics slippers. The wearing of socks without gymnastics footwear on polished or slippery surfaces is not permitted.
- 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.

Any concessions on dress must be within the bounds of reasonable safety and approved by the Coach prior to class. The element of risk should be explained to the coach/participant (parent or guardian) and every attempt to control the risk should be adopted.

Suitable Training Attire:

Until you have received your club leotard, we are happy for all children to wear T-shirts/vests with shorts/leggings (no tassels, buckles, belts, buttons or zips). After this period, all gymnasts must wear club leotards, which can be purchased online or from the gym. Shorts and leggings may be worn over leotards if preferred.

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British Gymnastics Policy on Body Piercing and Adornments:

British Gymnastics believes that jewellery and adornments worn in body piercing are inappropriate for safe practice in gymnastics and trampolining. This policy applies to all participants and coaches in training and in events at home and abroad.

Participants:

A person participating with body adornments or jewellery **MUST** inform the coach and also remove the relevant items to reduce the risk of injury to the participant, the coach and others.

Coaches:

Whilst a coach is carrying out a spotting or gymnast supporting role; all jewellery must be removed. However, if the coach is evaluating performance or giving instruction only; (by this we mean coaching whilst not in direct physical contact with the gymnast or gymnastic equipment), jewellery may be worn. Exceptions to the above policy may be applicable in special circumstances which are outlined below:

Jewellery That Cannot Be Removed:

It is acknowledged that in some circumstances, it may be impossible to remove a ring and/or dermal piercings. Should this be the case; the ring must be sufficiently covered with protective tape; and the piercings covered sufficiently in order to eliminate any risk.

Newly Pierced Ears:

Newly pierced stud earrings need to be covered with protective tape but must be removed as soon as possible (normally after six-weeks). **This does not cover the taping of earrings which can be removed.**

For the avoidance of doubt; any jewellery which can be removed, must be removed.

Religious And Medical Jewellery:

With regards to the wearing of jewellery; sensitivity to religious beliefs and medical requirements/reasons should be afforded, but 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. The element of risk should be explained to the coach/participant (parent or guardian) and every attempt to control the risk should be adopted. Examples include the following:

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Diabetes Bracelet:

Can be worn; but whilst participation is taking place a sweatband or similar must cover the item in order to eliminate any risk. The coach in charge must also be advised that a participant is wearing the bracelet for medical emergency reasons.

Kara Sahib:

Bracelet worn in the Sikh religion; can be worn, but whilst participation is taking place a sweatband or similar must cover the item; in order to eliminate any risk.

Allah Ring:

Worn by the Muslim religion; this must be sufficiently covered with protective tape in order to eliminate any risk. 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.

In all instances above; it is the responsibility of the coach in charge of the session to ensure a sufficient risk assessment has been carried out.

If the coach identifies a significant risk to the participant, coach or others, which cannot be controlled satisfactorily, then within the bounds of reasonable safety, the coach **MUST** prohibit participation.

Legitimate health and safety concerns which contra-indicate participation, will supersede any other considerations, be they religious, medical or other.

Failure to conform 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.