



Stevenage Sports Acrobatics Club

Dress Code for Gymnasts

The dress code will apply to all sessions and competitions that Club gymnasts attend.

The prime reason for the Dress Code Policy is to ensure the safety and well being of the gymnasts. SSAC follow British Gymnastics' safety guidelines and do not authorise or condone unsafe clothing – consequently the **flouting of any of the Dress Code** outlined below may invalidate the BG insurance and is **strictly contrary to Club Rules**.

Clothing

Wearing of clothes with buckles or clasps is prohibited.

Socks may only be worn when gymnasts are warming up. They may not be worn during practise sessions or at competitions.

Club tracksuits may be worn only when warming up at Club sessions or during March On and Off at competitions.

Girls/Ladies - Leotards must be worn at all times – they must not be worn rolled down to the waist with loose arms. Wearing of gymnastics shorts may be permitted providing they are tight and not loose fitting. They should not have drawstrings. The Coach in charge will decide if specific shorts are unsuitable for any particular session and request the gymnast to either refrain from wearing the shorts or cease further activities within the session.

Boys/Men – Black vest and shorts, which are neither too tight nor too loose, should be worn at all times. The vest must be tucked in.

Jewellery

Jewellery of any sort is strictly prohibited. Please hand jewellery to the Coach for safe keeping if necessary. Those gymnasts who have recently had their ears pierced and are not able to remove their earrings must attend gym sessions or competitions with plasters over the earrings.

Hair

Hair must be securely tied back at all times.

Religious Dress

It is acknowledged that for religious reasons some gymnasts may have difficulty in conforming to the Dress Policy. However concessions must remain within the bounds of reasonable safety and are made only after every element of risk has taken into account and discussed with the gymnast and parent or guardian. **Under these circumstances, written consent is required from the parent or guardian to indemnify the coach, helper or club against any responsibility as a result of an accident.**

Failure to comply 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.