

Code of Dress for Recreational Gymnasts

It is important that all gymnasts adhere to our Code of Dress, both for their own and the coach's safety.

Girl's uniform

- Starbound leotard
- Starbound shorts or leggings
- Starbound hoody/zoody

Optional

- Matching scrunchie
- Kit bag
- Starbound T-shirt

Boy's uniform

- Starbound T-shirt
- Starbound shorts
- Starbound hoody/zoody

Optional

- Starbound boy's leotard
- Kit bag

- Starbound Gymnastics Academy uniform should be worn to every class.
- New members, whose kit has not yet arrived, may wear leggings/shorts and a tight-fitting t-shirt/vest top.
- Hooded tops and jogging bottoms may be worn for arrival and during the aerobic part of the warm up.
- Socks should not be worn unless there is a medical reason for doing so. If socks must be worn, we request that they are non-slip.
- Long hair should be tied up neatly, in such a way that it can't come loose. Once hair is up, it should not touch the floor when the gymnast is performing a handstand or bridge.
- Finger nails should be kept to an appropriate length for the activity being undertaken.
- Gymnasts who wear glasses should consider whether an elastic sports band would be appropriate for them to wear.

British Gymnastics Policy on Body Piercing

British Gymnastics believes that jewellery and body piercings are inappropriate for safe practice in gymnastics. This policy applies to all participants and coaches in training and in events.

- All jewellery must be removed before the start of the session.
- In some circumstances, it may be impossible to remove a ring and/or piercing. Should this be the case, the item should be covered sufficiently in order to eliminate any risk.
- Newly pierced stud earrings need to be covered with micropore (we do not provide this).
When ears have been pierced for 6-weeks, the studs must be removed for our classes.
- Bracelets worn for religious or medical reasons do not have to be removed, however where possible, should be covered with a wristband to prevent injury to the participant and coach.
- **For the avoidance of any doubt, any jewellery which CAN be removed, SHOULD be removed.**
- 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.
- Legitimate health and safety concerns will supersede any other considerations, be they religious, medical or other.
- **Failure to conform to 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.**

