

Uttoxeter Gymnastics Club

Clothing Policy

POLICY STATEMENT

Any Participant involved in gymnastics at UGC must comply with their obligations under the Clothing Policy and meet the standards expected of them in accordance health & safety good practice and with the accepted traditions of Gymnastics.

UGC OVERALL RESPONSIBILITIES

All members and staff of UGC are required to comply with the Clothing Policy to ensure the gymnastics environment is safe for all. This includes non-clothing, safety related areas such as the wearing of jewellery, piercings and things such as acrylic nails.

UGC COACHES RESPONSIBILITIES

UGC coaches will ensure, whilst coaching, they wear clothing that is modest, appropriate to the activity and representative of the club, including:

- T shirts/polo shirts with the club logo and any other printing or embroidery deemed suitable by the UGC Directors and Head Coach, unless the wearing of a non-logo top has been agreed by the Head Coach.
- Suitable shorts, jogging bottoms or leggings that are sufficiently fitted to not create a hazard to participants.
- Socks, gymnastics pumps, sliders or gymnastics specifics footwear that is worn solely within the gym environment

Coaches will also ensure, whilst coaching:

- Long hair is tied back at all times.
- All jewellery, with the exception of a single wedding band, is removed.
- Watches are removed.
- Any piercings are removed that can be removed or suitably taped if they cannot be removed.
- Any additional clothing such as jumpers do not have a hood and, if they have a full-length zip, remain fully zipped whilst supporting/spotting gymnasts.
- All clothing is clean, in good condition and well fitted.

The clothing requirements for coaches are to reduce or remove risk of injury to either coach or participant.

UGC PARTICIPANT RESPONSIBILITIES

UGC gymnasts will ensure, whilst participating in sessions, they wear clothing that is modest and appropriate to the activity, including:

- Leotard or other suitable clothing that is either designed for gymnastics participation and is close-fitting, or is suitably appropriate and close fitting to remove risk of injury to either the participant or the coach.
- Any design on the leotard or clothing is appropriate to the age of the wearer and other gymnasts within the club.
- Shorts that are close fitting and and/or designed for gymnastics participation.

Gymnasts will also ensure, whilst participating:

- Long hair is tied back at all times.
- All jewellery is removed.
- Watches are removed.
- Any piercings are removed that can be removed or suitably taped if they cannot be removed in line with the British Gymnastics Jewellery and Piercing policy.
- Any additional clothing such as jackets, worn during warm-up or cool-down, do not have a hood and, if they have a full-length zip, remain fully zipped.
- All clothing is clean, in good condition and well fitted.

The following is deemed as prohibited for gymnasts during participation:

- The wearing of sports crop tops and short sets.
- The wearing of leotards that are effectively designed in the style of a top and partially separate bottom.
- The wearing of leotards that are backless or have a significant area of missing fabric.
- The removal or 'rolling down' of a leotard to effectively train in shorts.
- The wearing of any item that, either by design or by pattern, may be deemed to be potentially offensive to other people.

Where an item is identified by the coaching team as prohibited, upon request, the gymnast must immediately remove/change from that item of attire and into something that is deemed appropriate. Where clarity is required, the decision of the Head Coach is final.

Other non-clothing health & safety risks:

Nails

- Nails should not be excessively long on either hands or feet as this can pose a risk to both participant and coach.
- The wearing of any false nails is entirely at the risk of the wearer. In the case of a gymnast, a coach may refuse to allow participation on the grounds of activity risk assessment or may refuse to support skills to prevent injury to themselves or the gymnast.

Make-up

- The wearing of excessive make-up is prohibited as it can cause staining/damage to equipment and flooring.
- False eyelashes must be removed prior to participation.

Socks

- The wearing of socks is permitted for medical reasons only (i.e. where the participant may have a verruca that is contagious). In this case socks must be sports type socks with rubber grips to minimise the risk of slipping

The clothing requirements for gymnasts are to reduce or remove risk of injury to either coach or participant.

GENERAL POLICY INFORMATION

This policy will be regularly reviewed and updated by the UGC club management team and the UGC Welfare Officer(s), in conjunction with any changes made to the British Gymnastics governance framework, amendments to UGC policies and procedures and any legislative changes.

Last Review Date: September 2023