



# Basingstoke Gymnastics Club

## Participants Attire Policy

As a club affiliated with British Gymnastics, we have adopted the Code of Dress they have recommended and highlighted as a policy at Basingstoke Gymnastics Club.

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:

- Ensure that the gymnasts and coaches 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.
- The wearing of clothing with buckles or clasps are dangerous and are prohibited.
- Raised adornments on gymnastics clothing are dangerous and are prohibited (E.g. buttons).
- Long hair may become a hazard and it should be tied back to avoid accidents.
- Body adornments or jewellery **MUST** remove the relevant items to reduce the risk of injury (\*Exceptions may be applicable in special circumstances which are outlined below).
- Participants should work in bare feet or gymnastics approved shoes.
- Do not permit the wearing of socks without gymnastics footwear on polished or slippery surfaces.
- When participating on a trampoline, ensure that socks or suitable gymnastics footwear (not training shoes) 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.

NB 1: We strongly recommend the midriff is covered when participating in gymnastics activity for the safeguarding of both participants and coaches. Coaches have the right to refuse to teach and handle should they feel uncomfortable.

NB 2: The Code of Dress for participants at a BG Competition will be that stated by the FIG in the sport specific code. Any concessions or variance from this code will be published in the sport specific competition handbook.

**\*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.

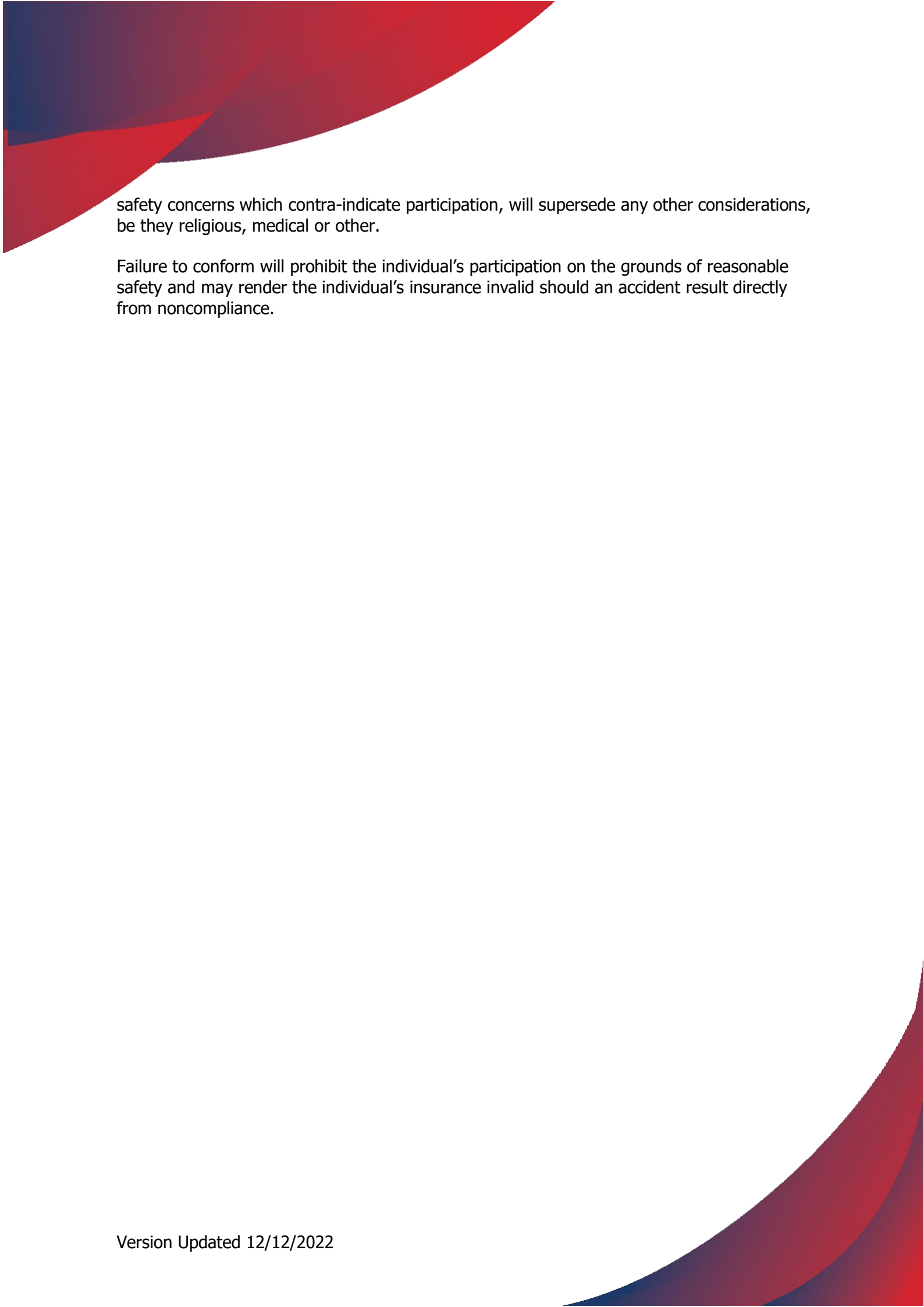
**Newly pierced ears** - Newly pierced stud earrings need to be covered with protective tape but must be removed as soon as possible (normally after six-weeks). For the avoidance of doubt; any jewellery which can be removed, must be removed.

**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:

- 1) 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.
- 2) Sikh Kara - 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.
- 3) Religious Necklaces – Examples are; the Crucifix necklace for Christians or the Mangalsutra necklace as a symbol of marriage for Hindu women. On safety grounds, no participant should be permitted to participate whilst wearing necklaces, be they religious or other. 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 noncompliance.