Code of Dress for Gymnasts

Generation Gymnastics is keen to promote safety in the sport of gymnastics and would like to emphasis the importance of being appropriately dressed.

The Code of Dress for gymnastics activities is designed to safeguard the participants during training and events. Every attempt to minimize the risk should be taken by the gymnast and their responsible adult.

Gymnasts should look smart at all times:

- With Long hair securely tied back to avoid distraction or loss of vision.
- No Long figure or toe nails.

and wear clothing:

- Appropriate to the activity: Girls: leotard Boys: leotard or T-shirt and shorts
- That is close fitting, but not too tight to restrict movement
- Without buckles, clasps or raised adornments

Bare feet are required for gymnastics, with socks or gym scores worn for trampolining

Sensitivity to religious convictions regarding dress will be given where appropriate. However, any concessions on dress will be within the bounds of reasonable safety following a risk assessment.

Body Piercing and Adornments Policy

In line with British Gymnastics Generation Gymnastics Club believes that jewellery and adornments worn in body piercing are inappropriate for safe practice in gymnastics.

A person with body adornments or jewellery must inform the coach and remove the relevant items to reduce the risk of injury to the participant coach and others, if ear rings cannot be removed they need to be covered with tape.

Coaches must ensure that risks associated with jewels and raised adornments on leotards are minimized.

The policy applies to all participants attending training sessions and at display and competitive events at home and abroad.

Failure to conform 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.