



# Participant Dress Policy

## Dragons Trampoline Club

### Overview

This policy document governs the dress requirements of members of Dragons Trampoline Club.

### Requirements

Club members must:

- Wear appropriate sportswear for trampolining. Suitable clothing includes:
  - T Shirt or long sleeved top without hood
  - Sports shorts, tracksuit trousers/tight sweatpants or leggings
  - Jumpers (without hoods, exposed zips or toggles etc.)
  - Club leotard
  - Lycra shorts, DMT shorts or gymnastics trousers.
- Wear socks or trampoline shoes for all sessions.
- Attend in suitable footwear (ideally trainers) for the assistance of set-up and put-down.

The head must not be covered under any circumstances for reasons of safety. Dress of a religious nature is acceptable provided there is no compromise on safety. Such decisions are at the discretion of the session coach.

- Long hair should be tied back.

### Jewellery/Piercings

Dragons Trampoline Club believe that jewellery and adornments worn in body piercing are inappropriate for safe practice in gymnastics and trampolining.

#### Jewellery that cannot be removed

Should this be the case, rings and piercings must be sufficiently covered with protective tape. If an item can be removed it must be removed.

#### Religious and Medical Jewellery

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.

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.

### More Information

Can be found in the British Gymnastics Body Piercing Policy or from your welfare officer(s), Toni Tarrant and Marie Hodge on [dragonstcwelfare@gmail.com](mailto:dragonstcwelfare@gmail.com)