



ATTIRE POLICY

In order to provide a safe environment for both gymnasts and coaches, all children and adults attending gymnastics classes must adhere to the safe attire policy. Loose fitting clothing can be a safety issue for gymnasts and for the coaches assisting them. Zips, buttons, jewelry & fake fingernails can damage equipment.

All hair must be tied up neatly and off the face. Participants may be asked to redo their hair if it's over their eyes.

No jewelry or watches. Only stud or sleeper earrings are accepted. Gymnasts will be asked to remove any jewelry worn to classes. No fake fingernails are to be worn during training.

Kinder gym and Recreational participants are encouraged to wear a leotard, or they can wear snug fitted singlets, T-shirt, shorts, leggings, track pants or hoodie. Please ensure these items are well fitted as loose-fitting clothing is a hazard.

No crop tops or mid body showing top, skirts, dresses, jeans, board shorts, stockings or clothing with zips or buttons are permitted in training.

Level 1 and 2 gymnasts are required to train in the East Gippsland Gymnastics Club leotard. No sports shorts, leggings, track pants, hoodies or jackets are to be worn during training.

Level 3 gymnasts are required to train in the East Gippsland Gymnastics Club leotard and can choose to wear snug fitted gym shorts. No leggings, track pants, hoodies or club jackets are to be worn during training.

Level 4 – 10 gymnasts may train in any well fitted Leotard and can choose to wear snug fitted gym shorts. No leggings, track pants, hoodies or club jackets are to be worn during training.

MAG gymnasts are to wear the East Gippsland Gymnastics MAG uniform, Longs may be worn.

Exceptions

- Cold weather training, at the coach's discretion gymnasts may be allowed to wear only well fitted leggings or track pants and a club hoodie. Coaches may request for these to be removed when spotting specific skills or on the apparatus.
- During warm up hoodie may be worn but these must be removed when gymnasts move to the apparatus.

No other clothing items are permitted and failure to comply with the Attire Policy will result in disciplinary action. This consists of a 3-step warning process as listed below:

1st - Reminded of the uniform policy and if possible, change or remove the item.

2nd - Discussion with the parent.

3rd – Gymnasts will be sat out of training.