

GYMNAST DRESS CODE

Our dress code reflects the British Gymnastics Association and Gymnastics Ireland policy on appropriate dress for gymnastics activity. It is the responsibility of parents to ensure that children are appropriately dressed for class. This includes the removal of jewellery and the securing of hair.

Coaches have the right to refuse to allow children to participate on grounds of reasonable safety if they attend inappropriately dressed.

Dress

- bare feet
- RGC leotard, black shorts, black leggings/tracksuit bottoms
- RGC Club t-shirt or white/blue top (short or long sleeve)
- The Head Coach must be advised of all jewellery or body adornments worn for religious or medical reasons so that a risk assessment can be made regarding personal safety.

Hair

Hair **must be tied back** or secured completely off the face. Long hair must be secured in a ponytail(s) or plaited. Soft hair ties only and flat hair clips. No hard protruding decorations.

Jewellery

The wearing of any jewellery whatsoever is strictly prohibited for gymnastics activities. This includes earrings and any other piercings, which must be removed for gymnastics class.

The following clothing is NOT permitted:

- Cropped tops or strapless tops;
- Hoodies;
- Jeans or casual trousers;
- School uniform;
- Dresses or skirts;
- Clothing may not have studs, ribbons, buttons, zips or any protruding adornments;
- Clothing that is baggy/loose fitting