

Club Dress Policy

Salford Trampoline Club dress policy exists to ensure that all participants of trampolining activities can do so comfortably and safely in accordance with BG's guidelines.

Training Wear: All Gymnasts will train in leotard and shorts for both boys and girls, socks or trampolining shoes must be worn at all times whilst on the trampolines. Club track suit, joggers, tee-shirts can be worn whilst the gymnasts are resting off the apparatus. **Please note that NO clothing should be worn that is excessively loose or ill-fitting or hooded jumpers are allowed.**

Competition Wear: Competitors will wear club specified uniform at all competitions. The club has specific competition leotard and training leotard that should be worn for all events. All Squad gymnasts must wear club kit only to all events.

Officials should follow BG guide lines with regards to appropriate dress, this includes recorders and marshals. North West has a separate policy, please see competition secretary.

Hair: Long hair must be tied back to keep the hair from the face. No glitter sprays or other glitter substances must be applied. Hair at competition must be placed in a bun, plait or braided and must be close to the head.

Nails: Long nails must be trimmed to a safe length unlikely to cause distress if caught in the trampoline mesh. It is advised that fake nails should be removed before coming to training.

Body Piercings: Nobody piercings including belly bars, earrings, lip rings or any other type of body piercings are allowed to stay in whilst the gymnast is on the Trampoline. See below for BG's official standpoint on body piercings.

Jewellery & body piercings

All jewellery and body piercing should be removed for trampolining competition and training and preferably left at home to avoid risk of loss. Taped jewellery will no longer be permitted under any circumstance and all body piercing should be removed, even if it is under the leotard. This also applies to spotters as well, who, as a matter of course, should be in suitable sports clothing. BG competition rules state that:

- Chairs of Judges at competitions are asked to follow this rule very strictly.
- Clubs need to speak to their performers about this, as children with 'newly pierced ears will have to remove them if they intend to compete. It is the responsibility of the club coach/team manager to ensure this rule is followed.

