



## CODE OF CONDUCT

### Dress code

#### Clothing

- Coaches and participants of all training sessions and events must wear suitable clothing. The clothing should not be too loose or long. Preferably, leotard and or T-shirt and leggings or lycra shorts.
- The clothes should not have buttons, buckles, belts or exposed zips.
- The participants should warm up, condition and cool down in bare feet
- Socks in good condition or trampoline slippers **MUST** be worn on the trampoline bed. Participants with holes in their socks may not be allowed to train for health and safety reasons
- Long hair should be securely tied back to avoid distraction or loss of vision.
- Raised adornments on clothing should be avoided

#### Jewellery and piercings

- Jewellery and adornments worn in body piercing are inappropriate in gymnastics.
- Coaches and Participants with body adornments or jewellery must remove the relevant items to reduce the risk of injury to the participant, the coach and others.
- Recent piercings where the jewellery cannot be removed must be assessed by the coach. Only where considered safe the participant **MAY** cover the piercing with medical tape for protection

The Code of Dress for gymnastics and trampolining activities is designed to safeguard the participants and coaches. This Code of Dress should be adhered to during training and events

Date: March 2010

Review Date: March 2011