



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 trampolining. 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