

### **NWG Clothing & Jewellery Policy**

This Clothing & Jewellery Policy outlines expectations regarding appropriate attire for gymnastics sessions to ensure safety and comfort. This policy aligns with British Gymnastics guidance and should be read in conjunction with our other club policies.

#### **1. Policy Statement**

- Appropriate clothing is essential to ensure safe participation in gymnastics.
- Jewellery and unsuitable attire may present a safety risk and are not permitted during sessions.

#### **2. Suitable Attire**

- Gymnasts should wear clothing that allows freedom of movement and does not pose a hazard.
- Suitable attire includes leotards, fitted sportswear, leggings, shorts, and t-shirts.
- Hoodies, denim, clothing with zips, or excessively loose garments are not permitted during participation.

#### **3. Jewellery & Accessories**

- All jewellery must be removed prior to participation.
- This includes earrings, necklaces, bracelets, watches, and fitness trackers.
- Newly pierced ears should be appropriately managed in line with safety guidance.

#### **4. Hair & Personal Presentation**

- Long hair must be securely tied back.
- Nails should be kept short to reduce risk of injury.

#### **5. Monitoring & Review**

- This policy will be reviewed periodically to ensure ongoing alignment with safety guidance.