



Dress Code

HGC POLICY & PROCEDURES



Harlow Gymnastics Club is fully committed to safeguarding and promoting the well being of all its members. The club believes it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety, welfare and rules of the club.

I/we

agree to support my/our child's involvement in HGC and will abide by the following rules and principles:

Jewellery

- Under no circumstances should any jewellery be worn whilst participating in gymnastics.
- In the event where any jewellery is worn during gymnastics at our club, You will not be covered by our insurance policy for any injury caused to yourself or others.

Hair

- Any hair length that can cause your hair to cover areas of your face whilst participating in gymnastics must be tied back. In the event where it is too short to tie back but still causes the same obstruction to your face, then this must be pinned back or some type of head band used to stop the hair from covering the face.

General Gymnastics Clothing

All 1hr and 2hr classes

- ONLY when the session has started, we expect all gymnast to be in non obstructive clothing to safely participate in gymnastics.
- Gymnastics Specific leotard and shorts for boys and girls are recommended and are the most appropriate clothing for this sport.
- In the event where you do not have the above clothing, standard Shorts, Vest, T-shirts and Polo shirts are also acceptable.

- Once the class has started we always recommend bare foot inside the gym. This is to avoid any slip hazard on the equipment.
- In the event that you must wear socks to gymnastics, then we would only recommend gymnastics specific shoes that can be worn to gymnastics which provide efficient grip. This does not include socks from trampoline parks.

Squad Gymnastics Clothing

All 4hr + Per week Classes

- ONLY when the session has started, we expect all gymnast to be in gymnastics specific leotard and shorts for both boys and girls

When attending competitions or events representing the club

- When representing the club, you are required to be in our full club uniform. When attending competitive events, a club can be marked down for every gymnast if they are not all in matching uniform on the competition floor.

Clothing that can not be worn whilst training

- Due to safety reason, the following items are not acceptable for participation in gymnastics at our club. Jeans, Skirts, Trousers, Shoes, Jumpers, Hooded tops, Onesies and Oversized / Loose items of clothing

***All of our club uniform can be found on the merchandise page of our website**