



Policy Document

Gymnasts Attire Policy

Approval Date	Next Review	Author/Modifier
21/3/18	21/3/19	Office and General Manager

Policy Purpose and Scope

The purpose of this policy is to outline the standards of attire to be adhered to at BTYC Gymnastics club. This policy is to ensure a safe and equal environment at BTYC. All participants must wear appropriate attire throughout each and every class held at BTYC Gymnastics Club.

Policy Description and Rationale

Safety for the participant should be in the forefront of every coach and administrator's mind. In order to provide a safe environment for gymnastics participation many coaches and administrators go to extremes to ensure the equipment, facility and programs are suitable for the gymnasts. Often it can come down to gymnasts' attire being the unsafe factor in a class situation.

All Coaches need to ensure that all participants are appropriately dressed / groomed for the type of class they are involved in.

The club is required to warn the athletes of its Clothing Policy, as stated in our Code of Conduct to mitigate risk and negligence. Coaches who do not enforce the point of Code of Conduct pertaining to the clothing policy are behaving in a negligent manner.



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Uniform Policy

Girls and Boys Recreation and Kindergym

1hr and 2hr classes

- Encouraged to wear BTYC membership t-shirt to promote team spirit and unity
- Can wear gymnastics singlets, shorts, leggings, track pants, other t-shirts or a leotard
- Cannot wear crop tops, skirts, jeans, board shorts or stockings
- All hair must be tied up off the face or BTYC staff will have to use elastic bands to tie back hair

Socks are not advisable but if they are to be worn, please wear grip socks.

Gymstar

- Encouraged to wear BTYC grey Gymstar t-shirt and/or BTYC Gymstar leotard to promote team spirit
- Can wear gymnastics singlets, shorts, leggings, track pants, other t-shirts or another leotard
- Cannot wear crop tops, skirts, jeans, board shorts or stockings
- all hair must be tied up off the face or BTYC staff will have to use elastic bands to tie back hair

All athletes are encouraged to purchase a BTYC hoodie for colder weather.

MAG Competitive Squads

- Junior squads training uniform: Level 2-4 BTYC Red training leotard and BTYC grey longs or shorts.
- Intermediate squads training uniform: Level 5-6 BTYC Blue training leotard and BTYC grey longs or shorts
- Senior squads training uniform: Level 7 and above BTYC Training Singlet and BTYC shorts or Longs

Senior MAG gymnasts are **only** allowed to train with tops off when no female athletes are training. When topless they are portraying an image that is not to be flaunted, so by engaging in inappropriate behavior they are going outside the parameters of this policy. Part of being a senior gymnast is to portray the type of behavior that we want to encourage aspiring young gymnasts to have whilst training at BTYC. If a MAG gymnast engages in inappropriate behavior they will forfeit the privilege for the entire squad to train with their tops off.



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- In cold weather training environments, all MAG athletes are welcome to train with a compression top, **under** their leotard or singlet.
- During warm-up, cold days or occasions when the gymnast is unable to train on a particular apparatus, all MAG athletes are permitted to wear their BTYC T-Shirt and/or BTYC Hoodie only, until apparatus training has resumed.

No other clothing Items are permitted and failure to comply with the Attire Policy will result in disciplinary action.

Trampoline and Tumbling

- All trampoline and tumbling athletes must wear **clean** socks for use on the trampolines
- No Buttons or zips allowed
- Long hair must be tied back
- Recommendations
 - Girls - Leotard and shorts, singlets, t-shirts, leggings
 - Boys - T-shirts, singlets, shorts, tracksuit bottoms

Squad WAG Gymnasts

Part of being a BTYC WAG gymnast is to portray the appropriate image to everyone that attends BTYC.

- Level 1 athletes may train in sports shorts and a tight fitting T-Shirt or singlet.
- Level 2 - 5 athletes must train in short or long sleeve leotards and shorts (optional) or tight fitting gymnastics long body singlets. No midriff showing tops.
- Senior squad (Level 6 & above) must train in short or long sleeve leotards and shorts (optional) or tight fitting gymnastics long body singlets. Senior squad athletes may choose to train in tight fitting tank singlets and shorts.

Exclusions/ other items

- No crop tops or mid body showing tops are permitted in training.
- All girls must have their hair tied up appropriately when in training.
- In cold weather training environments, all WAG athletes are welcome to train in tight fitting skins or leggings. Coaches may request for these to be removed when spotting specific skills so please ensure other attire is bought to gym to facilitate this.
- Athletes are welcome to warm up in either a t-shirt or BTYC hoodie but these must be removed when gymnasts move to apparatus



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