



## Policy Document

### Gymnasts Attire Policy

#### 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.

### Uniform Policy



Girls and Boys Recreation, Kindergym and All Abilities

1hr and 2hr classes

- Encouraged to wear BTYC membership t-shirt
- 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 Gymstar t-shirt
- Can wear gymnastics singlets, shorts, leggings, other t-shirts and leotard
- Track pants and/or jumpers for warm up only. Must be taken off afterwards.
- 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
- Competition leotards are not encouraged to be worn during training

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



### MAG Competitive Squads

- Foundation, Beginner, Junior and Intermediate squads training uniform
  - Any gymnastics leotard
  - Any longs or shorts (with a club preference for shorts)
  - Any BTYC training leotard
  - Any official BTYC longs or shorts.
  - 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 Hoodie only, until apparatus training has resumed.

***Please note: All Junior and Intermediate squads will be expected to arrive to Saturday training only, wearing the official BTYC Leotard, Shorts and Longs. All other training days, BTYC's official training uniform is optional***

- Senior squads training uniform

- Any gymnastics leotard
- Any suitable sports singlet or compression top
- Any suitable longs or shorts

***Please note: Senior athletes only, may train with their top removed. However, Senior athletes must have a suitable top available at all times, should a coach request that they wear one, for spotting or other gymnastic purposes.***

- Part of being a senior gymnast is to portray the type of behaviour that we want to encourage aspiring young gymnasts to have whilst training at BTYC. If a MAG gymnast engages in inappropriate behaviours, they will forfeit the privilege for the entire squad to train with their tops off.

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

### **Exclusions/ other items**

- All long hair must be tied up appropriately when in training.
- Jewellery and watches must not be worn on the gym floor and is encouraged to be left at home. BTYC takes no responsibility for lost or stolen jewellery and watches.
- 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



### **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



## WAG Competitive Squads

- Foundation, Beginner, Junior and Intermediate squads training uniform
  - Any gymnastics leotard
  - Any suitable gymnastics shorts (optional)
  - Any BTYC training leotard
  - During warm-up, cold days or occasions when the gymnast is unable to train on a particular apparatus, all WAG athletes are permitted to wear their BTYC Hoodie only, until apparatus training has resumed.

***Please note: All Junior and Intermediate squads will be expected to arrive to Saturday training only, wearing the official BTYC training leotard for their level. All other training days, BTYC's official training uniform is optional***

- Senior squads training uniform
  - Any gymnastics leotard
  - Any suitable sports singlet, compression top or crop top
  - Any suitable shorts

***Senior athletes must have a suitable top (other than a crop top) available at all times, should a coach request that they wear one, for spotting or other gymnastic purposes.***

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

## Exclusions/ other items

- All long hair must be tied up appropriately when in training.
- Jewellery and watches must not be worn on the gym floor and is encouraged to be left at home. BTYC takes no responsibility for lost or stolen jewellery and watches.
- 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



## Aerobics and Cheerleading

### Junior Squads

- Encouraged to wear BTYC membership t-shirt
- Can wear gymnastics singlets, shorts, leggings, track pants, other t-shirts or a leotard
- Cheer Only- Tennis or Cheer skirt may be worn with shorts
- Cannot wear crop tops, jeans, dress skirts 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
- Must have suitable cheer/aerobics specific runners at all times, should the venue used for training or the coach, require it – Please consult with your Coach/Program Manager for the correct runners to purchase

### Senior Squads

- Senior squads training uniform
  - Any gymnastics leotard
  - Any suitable sports singlet, compression top or crop top
  - Any suitable shorts
- All hair must be tied up off the face or BTYC staff will have to use elastic bands to tie back hair
- Must have suitable cheer/aerobics specific runners at all times, should the venue used for training or the coach, require it – Please consult with your Coach/Program Manager for the correct runners to purchase

***Senior athletes must have a suitable top (other than a crop top) available at all times, should a coach request that they wear one, for spotting or other gymnastic purposes.***

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

### **Exclusions/ other items**

- All long hair must be tied up appropriately when in training.
- Jewellery and watches must not be worn and is encouraged to be left at home. BTYC takes no responsibility for lost or stolen jewellery and watches.
- In cold weather training environments, all 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 training proper