






Correct clothing statement

It is imperative that in order to be able to participate in any Maldwyn Dragons Gymnastic club Ltd. activity, appropriate clothing must be worn. This means:

-  **NO** Jeans
-  **NO** ill-fitting clothing (loose/baggy clothing)
-  **NO** Buckle/zips or buttons

Ideal clothing to be worn would be a leotard, otherwise shorts and t-shirt are acceptable. **Socks must NOT be worn** other than for rebound work on the trampoline, however with the exception of pommel, high bar, parallel bars and rings training.

Maldwyn Dragons have a strict **NO PIERCINGS** policy in line with British Gymnastics' policy of no piercings. We believe that piercings of any kind are inappropriate for the safe practice and delivery of gymnastics, creating a hazard to both gymnasts and coaches. We therefore require **ALL PIERCINGS ARE TO BE REMOVED BEFORE ENTERING THE GYMNASIUM WHERE POSSIBLE**. Failure to remove piercings may mean any participant being unable to participate in any activity with Maldwyn Dragons Gymnastic Club Ltd. If removal is impossible in the first 3 months of being pierced, gymnasts may tape up the piercing, after this period every effort to remove piercings should be made. Hoop piercings must be removed.

Maldwyn Dragons also ask any **longer hair MUST be tied up** in order for training to be safe for gymnasts and coaches.

Failure to conform to this policy will prohibit the gymnasts safety and may render the gymnasts insurance invalid should any injury occur from direct non-compliance of this policy

Agreed September 2017 by all directors – To be reviewed September 2018

J.O.REES J.REES E.WILLIAMS J.TALYOR N.EVANS

Jon Rees Julia Rees Ed Williams Jasmin Taylor Nia Evans

