

Training and Competition Wear Policy

Saltire Team Gymnastics is committed to safeguarding and promoting the wellbeing of all its gymnasts. The club believes it is important that gymnasts, coaches and parents should, at all times, respect and understand the safety and welfare of others. On joining the club, you agree to abide by the club's policies and procedures. This document details what gymnasts should wear during training and competition.

- Zero jewellery policy:
 - Piercings - if piercings are new and cannot be removed, they must be covered by medical tape (although this cannot apply to hoops, even if small)
- Long hair must be tied back – does your hair pass the handstand test? If your ponytail can touch the floor when you are up-side-down or can reach the front of your face - it must be in a bun or tied up in a way that allows you to pass the handstand test.
- Additional clothing such as hoodies and tracksuit bottoms may be worn during the warm-up but must be removed when they gymnasts move onto apparatus / skills. Tops must be zipped up so they don't flap or fall off when running.
- All gymnastics should be done in bare feet – unless specified by coach for a floor routine
- Dresses, jeans, loose fitting tops – not suitable
- Gymnast's torso should always be covered during training – crop tops are not suitable as the coaches cannot spot or support the gymnasts appropriately without the risk of causing harm to either themselves or the gymnast.
 - This includes two pieces and leotards with a cut out.
- Long fingernails are a risk to both the gymnast and the coach. Nails must be kept short – if they can be seen from the palm side of the hand, they are too long.

Suitable Clothing

Pre-School, ASN and Beginners Classes:

- Gymnasts should wear a leotard* or shorts / leggings / tracksuit bottoms and a t-shirt or top that does not restrict movement – loose t-shirts should be tucked in.
- Bare feet

**Please note that it can get quite cold in the gym in the winter months so gymnasts wearing a leotard are advised to have additional layers to put on top just in case.*

Intermediate & Development Classes

Training Attire:

- Girls - Leotard & shorts/leggings
- Boys - leotard or fitted sports top and shorts

**unless otherwise agreed with the team coach.*

Competition Attire:

Girls

- Saltire Competition Leotard (Blue Longsleeved)

Boys

- Saltire Boys Competition Leotard (Black/Blue Milano)

All

- Club Tracksuit Jacket

Competitive Teams

Training Attire*:

- Girls - Leotard & shorts/leggings
- Boys – leotard or fitted sports top and shorts

**unless otherwise agreed with the team coach.*

Competition Attire:

Girls

- Youth, Junior & Senior– Saltire Competition Catsuit
- Primary – Saltire Blue Long-sleeved leotard with black leggings

Boys

- Primary, Youth, Junior & Senior – Saltire Boys Competitive Leotard (Black Quattro)

All

- Club Tracksuit Jacket