



## DRESS CODE

### Policy Statement

HIGH FLYERS TRAMPOLINE AND GYMNASTICS ACADEMY takes great pride in the presentation and representation of the club. The requirements set out below are also in place to protect clients and yourself from injury due to wearing incorrect attire whilst training or coaching.

The following uniform requirements have been endorsed to ensure all members of our team:

- wear the appropriate attire to participate in activities safely;
- are easily identified as staff members of High Flyers
- represent our club in a positive and professional manner.

### COACHES

During training, the uniform requirements for Coaches are:

- Club polo shirt, making sure it is always clean and void of any stains. One shirt will be provided at no cost, if you require further shirts, please see reception.
- The other option is to wear a black singlet, with the clubs' badge embroidered onto the left side. The singlet will be at your own cost.
- Black shorts (not too short), leggings or pants - NO DENIM
- During winter, coaches are able to wear their Club tracksuit, Club hoodie, or a black windcheater, with the club's logo embroidered onto the left side. You may also wear a black skivvy underneath your shirt.
- Socks and runners or bare feet
- Only studs or sleepers are permitted whilst coaching
- Long hair must be tied back neatly

During competition, Coaches are required to wear:

- Club polo shirt
- Club tracksuit/pants/shorts
- White/black socks & runners
- No excessive jewellery
- Long hair must be tied back neatly



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### **ADMINISTRATORS**

During employment, administrators are required to wear:

- Club polo shirt, making sure it is always clean and void of any stains. One shirt will be provided at no cost, if you require further shirts, please see Emma
- Black shirt or blouse with the clubs' badge embroidered onto the left side
- Black shorts (not too short), or black pants - NO DENIM
- During winter, administrators are able to wear their Club tracksuit top, Club hoodie, or a black windcheater, with the club's logo embroidered onto the left side. You may also wear a black skivvy underneath your shirt.
- White socks & runners or flat shoes. NO HIGH HEELS
- No excessive jewellery
- Must be well dressed
- Neat hair

### **JUDGES**

Judges are required to wear the uniform specified by their respective Technical Committee.

### **VOLUNTEERS**

Volunteers who help with the day to day running of the Club and in public for promotional work will be provided with one Club Polo shirt to be worn neatly on these occasions. This may be required to be returned at the end of the shift.

### **MEMBERS**

#### **All Recreational Programs**

Gymnasts participating in General Gymnastics programs are required to wear:

- Comfortable clothing i.e. T-Shirt and Shorts (must be close-fitting or tucked in, no hoods on tops)
- Bike pants & crop top
- Leotard
- Hair tied back neatly
- Socks are required for trampoline, but are not to be worn for gymnastics.
- Only studs or sleepers are permitted to be worn



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### **National Levels Programs & Club Levels Programs**

Gymnasts participating in Levels programs are required to wear:

#### Girls

- Training - Club leotard or club bike pants and crop top
- Free dress – leotard or crop set
- Competition - Club leotard, polo shirt, club tracksuit
- White/black socks & runners
- Hair must be tied back neatly
- No jewellery to be worn

#### Boys

- Training - Club leotard and shorts or singlet and shorts
- Competition - Club leotard, club shorts, club longs, polo shirt and club tracksuit
- White socks & runners
- Hair must be tied back neatly
- No jewellery should be worn

### **Competitive Trampoline Uniform**

Gymnasts participating in trampoline classes are required to wear:

#### Girls

- Comfortable clothing i.e. T-Shirt and Shorts (must be close-fitting or tucked in, no hoods on tops)
- Bike pants & crop top
- Leotard of your choice with shorts
- Hair tied back neatly
- White socks and/or dmt shoes
- No jewellery

#### Boys

- Comfortable clothing i.e. T-Shirt and Shorts (must be close-fitting or tucked in, no hoods on tops)
- Bike pants
- Hair tied back neatly
- White socks and/or dmt shoes
- No jewellery



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### Travelling

When gymnasts are travelling to and from events, competitions or public displays, the following uniform must be worn:

- Club Polo Shirt & shorts
- Club tracksuit (if necessary)
- White/black socks & runners
- Hair tied back neatly
- Modest jewellery
- Modest make-up is allowed

### EXCEPTIONS

Free-dress (within reason) is allowed on Saturdays for those who coach, train or work at reception. This means, coaches and athletes can wear clothing of their choice eg a gymnast can wear a non-club leotard if they wish.

Inappropriate t-shirts are NOT allowed and all clothing should still be close fitting without hoods and the no jewellery rule applies all of the time.

**EMMA AND TONY BURTON**  
Directors

May 2015

### Staff Member Statement:

I, \_\_\_\_\_(staff name), have read and understood this document, as being the Dress Code for High Flyers & Gymnastics Academy.

In the presence of my parent/guardian: \_\_\_\_\_

\_\_\_\_\_  
Signature:

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date: