



## *Tramplining Code of Dress*

In order to comply with the British Gymnastics code of dress, it is important that you are dressed correctly for the sport. Anyone not dressed correctly will invalidate the insurance and will therefore not be able to participate.

**There will be a short safety talk before the children go on the trampoline, which will not be given until all the party are present and correctly dressed.**

1. All jewellery and watches must be removed, **including earrings** which cannot be taped over.
2. Shoulder length hair or longer **must** be tied back. This is to ensure loose hair does not obstruct your eyes when jumping on the trampoline or get caught in the springs around the edge.
3. Jeans cannot be worn, nor can trousers with buttons or belts.
4. Skirts or dresses cannot be worn.

We recommend tracksuit bottoms/shorts, t-shirt/sweatshirt but nothing that contains metal or plastic bobbles that can get caught in the holes on the trampoline.

Socks **must** be worn in order to protect the toes.



I have informed all participants of the Code of Dress and indemnify the coach/organiser against any responsibility as a result of attire.

The British Gymnastics Code of Dress for trampolining activities is designed to safeguard the participants and coaches. Canons Sports Centre will not authorise or condone unsafe clothing and consequently the wearing of the wrong clothing or jewellery may result in non-participation.

Signed ..... Date of party .....

Print Name .....

***We strongly suggest the party host bring some spare articles of clothing and socks.***