



Dress Code

In order that you are all safe on the trampoline we must ensure you are dressed correctly for the sport.

Anyone who comes trampolining must wear **proper sports clothing** and thick socks.

Socks are needed to protect your toes. Sports clothes are loose and allow you to move easily without injury. We recommend tracksuit bottoms, t-shirt and sweatshirt **or** the standard Harrow Trampoline Club outfit – club leotard, and/or club t-shirt and sweatshirt. If you wish to purchase any of the club outfit, please ask for an order form.

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 of the bed.

Below, are certain items that are not suitable.

- 1) All jewellery, piercings and watches, including earrings.
(Those with newly pierced ears cannot participate in the sport)
- 2) Clothing with buttons and zips (Polo t-shirts etc. are acceptable)
- 3) Street clothes – such as jeans, ‘fashion’ trousers etc.
- 4) Metal and plastic bobbles/ties on clothing.
- 5) Loose jackets
- 6) Money or personal items in pockets.

All food and drink should be consumed well away from the trampolines.

These are necessary for your safety and must be observed if you wish to trampoline.

Thank you.