

Training and Competition Attire



Policy

ELGA 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 Policy details what gymnasts should wear during training and competition.

- Zero jewellery policy:

- o 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 – a bun is the preferred option for all gymnasts. 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 the gymnasts move onto apparatus. Tops must be zipped up so they don't flap or fall off when running.

- All gymnastics should be done in bare feet

- Dresses, jeans, loose fitting tops – not suitable

- 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.

- Gymnasts should wear a leotard or shorts / leggings / tracksuit bottoms and a t-shirt or top that does not restrict movement – all 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.

Updated October 2026