



GYM WEAR POLICY

1. Upon registration with Altitude Gymnastics athletes will receive a free bag with GymNSW items in it which they can bring to and from class. Please ensure that their name is on the bag, as everyone will have an identical bag.
2. Participants should wear comfortable gym-wear to class. Gymnastic Leotards and tanks for Girls, T-shirts and singlets, that are tight-fitting, for boys. Clothes that are loose or oversized will not be permitted. Girls should wear bike pants, tights or shorts with their t-shirt, boys should wear sport shorts. Gymnastic leotards, bike pants, tights and shorts are available for sale or order in the gym shop.
3. Leotards (girls) or Gym-suits (boys) will be available to purchase on the spot or order, in a number of various designs or club training styles. These are varied in price according to style of outfit. These can be paid for and ordered through, the admin office. As well as Leotards there are also Crop –top and lycra short sets available for sale and order. Garments will not be ordered without full payment.
4. Club Leotard designs and styles are ALSO available for purchase, as are t-shirts, singlets, tracksuits etc.
5. Long hair should be tied up and no Jewellery of any kind may be worn by any athletes. This includes chains, watches, and friendship bands.
5. The following items of clothing must **NOT** be worn
 - Denim or other hard fabrics. No jeans or hard fabric pants of any kind allowed – such as cargo pants.
 - Clothes with zippers, buttons, buckles or pockets.
 - Shorts and clothes should not have any ties, strings, or similar, hanging off them.
 - Skirts and dresses.
 - Large oversized t-shirt or swing tops. (ONLY tight-fitting shirts allowed)
 - Wide legged pants should not be worn – tracksuit pants allowed in winter - should be elasticized at the ankle.
 - Religious headwear should be tight fitting and not tied under the neck.
6. Trampoline athletes MUST wear socks or gym shoes on the Trampoline or DMT. If a child attends class without socks they may not be allowed to bounce. Clean, second-hand socks will be given to children if they forget their socks. Or new socks are usually available to purchase from the office.
7. Competitive athletes (Acro, Tramp, Tumbling) may ONLY wear leotards with bike pants or tights. If it they prefer to wear a crop top this is permissible, however they must have a leotard as well to in case they need spotting. (This includes development classes). NB: As competitive squad athletes train multiple days, it will be acceptable for them to continue to wear their own leotards to training. Singlet tops are not allowed unless they have thick straps and are tight fitting. Coaches may elect to not spot anyone who is not in a leotard.
8. It is not acceptable to wear clothing with swearing, or inappropriate slogans or phrases that may be deemed as offensive or unsuitable for children, at any gymnastic training session, or even at an external competition or event. This includes friends and family members of the gymnast.
9. When it is cold in Winter, athletes should wear tight-fitting long sleeve shirts under leotards, or long sleeved leotards and wear long tights. Fleece tracksuit pants are also allowed, however please ensure that pants are elasticized at the ankle as loose legged pants can cause tripping accidents.
10. Nails must be kept very short and fake nails should not be worn at any time, this includes competitions.