

Dress Code

Power GT's participant and coaches dress code is in line with our governing bodies policy: Health & Safety Guidance: Coaching Practice (found in appendices 1). With the main points:

- Ensure that the gymnasts and coaches wear appropriate clothing that does not impede freedom of movement and is not too loose. We recommend leggings/shorts and a t-shirt or a leotard
- Buckles and clasps are prohibited
- Hair longer than chin length must be tied up
- Socks must be worn on the trampoline
- Gymnasts and coaches should not wear any jewellery or watches with appropriate precautions taken for religious jewellery

Club Leotards and bags can be purchased from little stars using: www.littlestarsleotards.co.uk password: POW3RGC!