

# KARA KARA RHYTHMIC GYMNASTICS CLUB

## GYMNAST TRAINING ATTIRE POLICY



In conjunction with Kara Kara's Constitution, we as a community wish to encourage a cost friendly training attire which will allow gymnasts to train safely, minimising risk and allow coaches to perform their duty effectively.

### Permitted training attire:

- **Kara Kara Club** leotard
- **Black** bike shorts
- **Black** tight leggings/footless tights
- **Black** training leotard
- **Black** tight singlet top
- **Black** tight t-shirt
- **Black** long sleeved cross over
- **Black** leg warmers
- **Club** jacket/**Black** jacket (must be taken off once warm-up has ended)
- Toe shoes
- Ankle weights
- Back braces

**NOTE:** the predominant colour must be black. Small accents of other colours are allowed however the club colours of white, teal or silver are preferable.

### Permitted hairstyle:

- Neat **bun** with all loose hair off the gymnasts face
- Neat **braid** with all loose hair off the gymnasts face
- Exception: gymnasts with hair which is too short to put into a bun/braid must have their hair in a neat ponytail with all loose hair off their face

**NOTE:** all other hair styles are not permitted & the gymnast will be asked to fix her hair prior to class starting for her own safety.

### NOT permitted training attire:

- **Loose** tracksuit pants
- **Loose** t-shirts/singlets/long sleeved tops
- Any attire where the predominant colour is **not** black
- **Jewellery** including watches, bracelets and necklaces
- **Earrings** which are **not** small studs

Policy implemented February 2014

Review due February 2016

