

Rules for the Continued Health and Safety of Gymnasts in the Gym

1. All long hair must be tied back.
2. No solid hair bands or slides to be worn.
3. Middle and upper body must be covered.
4. No jewellery to be worn, including piercings, as this will invalidate the British Gymnastics Insurance.
5. No males/fathers allowed in the girls changing rooms (except pre-school classes).
6. Clothing with buttons, zips, ties, cords with plastic ends or buckles is not allowed in the gym.
7. No gymnasts are allowed in the gym wearing face paintings.

Your continued support on the above items will be very much appreciated.

Glenys Halford, Leader of Norwich Gymnastics Club