

Links Gymnastics (Berkshire) Ltd
Jewellery



'British Gymnastics believes that jewellery and adornments worn in body piercing are inappropriate for safe practice in gymnastics and trampolining. This policy applies to all participants and coaches in training and in events at home and abroad.'

A person participating in Gymnastics must:

- Remove all jewellery, watches and piercings
- Inform a coach if they cannot remove any of the items
- Cover newly pierced ears with protective tape

Exceptions may include:

- Religious bracelets – if it is not possible to remove these items then they must be covered with an appropriate sweatband
- Religious necklaces – whilst we are sensitive to religious beliefs safety is paramount and we would ask these items to be removed

Religious Jewellery:

- Sensitivity to religious beliefs and medical requirements/reasons will be afforded, but safety is paramount. Any jewellery considered a safety hazard, should be changed or participation may be prohibited.
- Any concessions on religious or medical jewellery must be within the bounds of reasonable safety.
- The element of risk shall be explained to the participant (parent or guardian) and every attempt to control the risk will be adopted.
- Sikh Kara - Bracelet worn in the Sikh religion; can be worn, but whilst participation is taking place a sweatband or similar must cover the item; in order to eliminate any risk.

Medical Jewellery:

- Bracelets can be worn but should be covered with a sweatband to protect both the gymnast and coach.
- The coach in charge must also be advised that a participant is wearing the bracelet for medical emergency reasons.

Other Information:

- For the avoidance of doubt; any jewellery which can be removed, must be removed.
- It is the coach's final decision, following a risk assessment, if they allow a participant to take part wearing jewellery. They may choose to prohibit participation. This will be decided within the bounds of reasonable safety.
- Legitimate health and safety concerns which contra-indicate participation, will supersede any other considerations, be they religious, medical or other.
- Failure to conform will prohibit the individual's participation on the grounds of reasonable safety and may render the individual's insurance invalid should an accident result directly from noncompliance.
- This policy is written in line with British Gymnastics and Links Gymnastics Policies.