

## Rec Gymnastics

# Dress for Success

Wear what you feel comfortable in! All activewear is good. Bodysuits are available for purchase in our front office if you're interested, but are not a necessity.

### RULES:

**NO bobby pins** – they fall out and can cause injuries. Use flip clips or barrettes instead

**NO necklaces or dangly earrings** – they are easily tangled and stuck on equipment

**NO rude or inappropriate slogans**

### GENERAL GUIDELINES:

Close fitting clothing is ideal

- skirts, tutus, etc. can get stuck or tangled on equipment
- loose tops can fall while upside down - tuck in your shirt, or wear a bodysuit underneath

Bare feet are best – skid free gymnastics slippers may be worn if you have them

Long hair tied back – it can get in the way of sight

Cover Band-Aids with sports tape -They don't stay put. Cover them to help them stay where they are needed

**Aerial Fabric:** Fabric can burn armpits, lower back, hips, and back of knees - bring or wear long sleeves and leggings to every practice. Loose clothing is easily tangled – tight clothing is ideal. Bodysuits alone are not recommended, but are great underneath longer layers.

**Bars:** Bare hands are best. In recreational classes, putting on and taking off grips is too time consuming. If a gymnast gets a blister, the coach can cover it with a band-aid plus sports tape so they can continue working. Grips do not prevent blisters; if you're working hard you'll get them sometimes.