



Jewellery, Body Piercing & Adornments Policy

At Salto Gymnastics Club, the safety of our gymnasts, coaches, volunteers and spectators is our priority. As an affiliated gymnastics club, we follow the guidance of , which states that jewellery and adornments worn in body piercings are inappropriate for the safe participation of gymnastics activities and should be removed to reduce the risk of injury to the participant and others.

This policy applies to all participants attending Salto Gymnastics Club sessions, activities and events.

General Requirements

All jewellery must be removed before participating in any gymnastics activity.

This includes, but is not limited to:

- Earrings
- Nose piercings
- Lip piercings
- Tongue piercings
- Facial piercings
- Eyebrow piercings
- Belly button piercings
- Dermal piercings
- Necklaces
- Bracelets
- Rings
- Anklets
- Watches
- Smart watches
- Fitness trackers

Gymnasts will not be permitted to train whilst wearing jewellery that can be safely removed.

Newly Pierced Jewellery

guidance acknowledges that newly pierced earrings may require a short healing period before removal and may be covered with protective tape during that time. Jewellery should then be removed as soon as possible following healing. [\[joefraserg...tics.co.uk\]](http://joefraserg...tics.co.uk)

Salto Gymnastics Club recognises that healing times can vary between individuals. Therefore:

- Newly pierced jewellery may remain in place for up to **6 weeks** from the date of piercing, provided it is fully covered with suitable protective tape.
- In exceptional circumstances, an extension of up to **12 weeks** may be considered to allow for additional healing time.
- Any extension beyond 6 weeks must be discussed with the relevant Head of Department and approved by the club.
- Parents may be asked to provide confirmation of the piercing date where necessary.

Following the agreed healing period, all jewellery must be removed before participation.



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Piercings Beyond the Healing Period

Once the healing period has passed:

- Jewellery must be removed before every session.
- Taping over jewellery is not an acceptable long-term alternative to removal.
- Participants arriving with jewellery that should have been removed may be required to remove the item before joining the session.
- If the jewellery cannot be removed, participation may be restricted or refused for safety reasons.

This applies to all body piercings, including ears, nose, lips, face, navel (belly button) and any other body piercing.

Responsibility of Parents and Participants

Parents/carers and participants are responsible for ensuring all jewellery is removed before arriving at the gym.

- Jewellery should be removed at home wherever possible.
- Coaches and staff are not permitted to remove jewellery on behalf of participants.
- Salto Gymnastics Club does not accept responsibility for the loss, theft or damage of any jewellery brought into the gym.
- Any jewellery removed at the club remains the responsibility of the participant and/or parent/carer.

We strongly recommend that valuable jewellery is left at home

Medical, Religious and Exceptional Circumstances

The club recognises that some jewellery may be worn for medical, religious or other exceptional reasons. Requests for exemptions will be considered on a case-by-case basis and may require an individual risk assessment. guidance allows consideration of certain medical and religious items where risks can be appropriately managed. [axistrampo...club.co.uk], [joefraserg...tics.co.uk]

However, parents and participants should note:

- A medical, religious or exceptional reason does not automatically mean jewellery will be permitted.
- Each request will be assessed based on the individual circumstances.
- The club will consider the type of jewellery, the activity being undertaken and the level of risk presented.
- Where appropriate, additional control measures may be required.
- Where the club considers the risk to be unacceptable, the jewellery must be removed or the participant may be unable to take part in certain activities or sessions.

The club's decision regarding safe participation will be final.

Competitions and Events



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Participants attending competitions, display events, festivals, assessments or any other organised gymnastics activity are required to comply with this policy unless alternative guidance is issued by the event organiser.

Non-Compliance

Failure to comply with this policy may result in:

- The participant being asked to remove the jewellery before joining their session.
- Temporary exclusion from part or all of the session.
- Participation being refused where the risk cannot be safely managed.

These decisions will be made in the interests of participant safety and welfare.

Policy Agreement

By attending Salto Gymnastics Club sessions, all participants and parents/carers agree to comply with this Jewellery, Body Piercing & Adornments Policy.

The club reserves the right to amend this policy in line with updates from , changes to legislation, or operational requirements