



JEWELLERY IN SPORT



MAY 22, 2019

As with many sports, it is not appropriate to wear jewellery during the activity. As they can result in jewellery-related accidents. UK Gymnastics feels this is no different within gymnastics and trampolining.

Participants

Anyone participating in an activity be it a class, party, competition etc. wearing any form of jewellery **MUST** inform the coach as well as remove the relevant item(s). Thus, reducing the risk of injury to themselves, the coach and others.

Coach

All jewellery must be removed when a coach is spotting or in a supporting role. Jewellery is permitted if a coach is conducting an evaluation or instructing only (*No direct physical contact with the gymnast or equipment*).

Jewellery that cannot be removed:

UK Gymnastics acknowledge that in certain circumstances, it may not be possible to remove items of jewellery. If this is the case, rings must be sufficiently covered with protective tape; and any piercings covered sufficiently to eliminate risk to themselves or others.

Below are exceptions to the above policy which may be applicable in special circumstances:

Newly pierced ears:

For those with recently pierced stud earrings these **MUST** be covered with protective tape BUT must be removed as soon as possible. (*This normally being six weeks after ears are pierced.*)

PLEASE NOTE: Any jewellery which can be removed **MUST** be removed.

Medical & Religious Jewellery:

Concessions on medical or religious jewellery must be done so on the grounds of reasonable safety which is of the utmost importance. Any jewellery that the coach feels is a hazard should be changed or participation may be prevented. All elements of risk should be explained and every possible attempt to limit the risk should be implemented.

Diabetes Bracelet:

These can be worn. However, these should be covered by a sweatband or something similar to eliminate any risk whilst the participant is taking part in any activity. For emergency medical reasons, coaches **MUST** be made aware that a participant is wearing a medical bracelet.

Kara:

Bracelet worn in the Sikh religion; can be worn, but **MUST** be covered by a sweatband.

Religious Necklaces:

No participant should be allowed to participate in events whilst wearing necklaces on the grounds of safety.

PLEASE NOTE: Should a sweatband be used to cover up items of jewellery they should be taped in place to minimise the risk of jewellery becoming exposed during the activity.

The coach in charge of the session must ensure that a sufficient risk assessment has been completed & in the event risks are identified to the participant(s), coach(es) or others which can't be controlled, the appropriate action **MUST** be taken. Which could result in participation being prevented.

In the event an accident occurs & the above has not been followed this may render insurance invalid.