



The Blue Falcons

'Altissimi Volantes'

Body Piercing's and Jewellery Policy

Blue Falcons establishes that jewellery and body piercing can be potentially harmful to the gymnast and to the adult support members during training and events. Jewellery is therefore inappropriate so not to be worn during training sessions and displays whenever possible. Under this safe practice policy Blue Falcons has decided that gymnasts should NOT be wearing jewellery as stated in the policy below, but the gymnast is responsible for adhering to this advice. This policy applies to all participants and adult support both in training and when at display venues.

Type of jewellery that are not permitted by Blue Falcons:

- A. Earrings
- B. Body Piercings
- C. Watches
- D. Bracelets
- E. Necklaces
- F. Rings
- G. Other loose-fitting adornments

Gymnasts

A gymnast participating with hidden items MUST inform the coach and remove all relevant items to reduce the risk of injury to themselves the coach and others. If an item is not removed the individual will be advised they are vaulting at their own risk and may be prevented from vaulting if the item is deemed dangerous by senior coach at that point of time. Failure to disclose body piercings that later result in injury will result in a disciplinary hearing.

Coaches

Whilst a coach is carrying out a spotting or gymnast supporting role; all jewellery must be removed. However if the coach is evaluating performance or giving instruction only; (by this we mean coaching whilst not in direct physical contact with the gymnast or gymnastic equipment), jewellery may be worn.

Possible Exceptions may be applicable in special circumstances, some of which are outlined below:

Jewellery that cannot be removed: -

It is acknowledged that in some circumstances, it may be impossible to remove a ring and/or dermal piercings. Should this be the case; the item must be sufficiently covered with protective tape or other protective covering in order to eliminate any risk. We suggest every effort is made to remove any item. Rings can be removed and resized by professionals and this should be carried out as soon as feasible.

Newly pierced ears

Newly pierced stud earrings need to be covered with protective tape but must be removed as soon as possible (normally after six-weeks). The tape **MUST** be provided by the gymnast themselves. Gymnasts will not be using the tape in the medical bag for newly-pierced earrings.

For the avoidance of doubt; any jewellery which can be removed, must be removed.

Religious and Medical jewellery: -

With regards to the wearing of jewellery; sensitivity to religious beliefs and medical requirements/reasons should be afforded, but safety is paramount and any jewellery that is considered by the coach to be 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 should be explained to the coach/participant (parent or guardian) and every attempt to control the risk should be adopted.

Examples include the following:

Diabetes Bracelet can be worn; but whilst participation is taking place with the advice that a sweatband or similar must cover the item to eliminate any risk. The coach in charge must also be advised that a participant is wearing the bracelet for medical emergency reasons.

NB: if a sweatband is used to cover up an item of jewellery when performing vigorous activity, the sweatband should be taped in place to minimise the risk of the sweatband slipping and exposing the item of jewellery.

Religious Necklaces – Examples are; the Crucifix necklace for Christians or the Mangalsutra necklace as a symbol of marriage for Hindu women. On safety grounds, no participant should be permitted to participate whilst wearing necklaces, be they religious or other. The risk of injury is too great.

In all instances above; it is the responsibility of the senior coach in charge of the session or event to ensure a sufficient risk assessment of items has been carried out. If the coach identifies a significant risk to the participant, coach or others, which cannot be controlled satisfactorily, then within the bounds of reasonable safety, the coach MUST prohibit participation. Legitimate health and safety concerns which prevent 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 non-compliance.
