



## Uniform Requirements

CGA takes great pride in their presentation across all areas.

The following uniform requirements have been endorsed to ensure all members of our team:

- ❖ Wear the appropriate attire to participate in activities safely and effectively
- ❖ Are easily identified as club members
- ❖ Represent our club in a positive and professional manner
- ❖ Gymnasts are required to wear appropriate clothing to and from the gym including footwear.
- ❖ Gymnasts must have their hair tied back and if required clipped away from their faces. Please do not use bobby pins or hard headbands.
- ❖ No watches / jewellery should be worn, small stud or sleeper earrings are OK
- ❖ Girls should wear a club training leotard (approved shorts are optional).
- ❖ Bare feet and socks for warm-up are acceptable for all gymnasts.
- ❖ Athletes should have an extra small bag to carry their grips, wristbands, etc...from one station to another in the gym and at competitions.

Prior to competing, girls will require a CGA competition leotard and tracksuit.

Gymnasts may require uneven bar grips.

**Club colours are South Pacific Blue / Orange and Silver**