

## **Policy/guidelines for male gymnasts to train topless**

- Only squad (8+ hours per week)/adult gymnastics
- Gymnasts' decision whether to take the t-shirt off or the leotard down to the waist, not the coaches
- If asked to put a t-shirt or leotard back on, the gymnast must do so.
- The coach must receive permission from the parent before doing so
- No comments to be made about gymnasts' appearance by the coach or gymnast. Anything reported to welfare will result in a ban on being allowed to take off their t-shirt or put their leotards down to their waist.
- All parents of the club will be made aware of these changes.
- Gymnasts will be allowed to take their t-shirts off or pull their leotard to their waist, provided it is after 6 pm (Weekday) or 12 pm (Weekend), and the temperature necessitates it.