

HARROW TRAMPOLINE CLUB



Dress Code

In order that you are all safe on the trampoline we must ensure you are dressed correctly for the sport.

Anyone who attends trampoline classes/parties must wear **proper sports clothing** and thick socks.

Socks are needed to protect your toes. Sports clothes are loose and allow you to move easily without injury. We recommend tracksuit bottoms/shorts, t-shirt, sweatshirt or leotard.

Shoulder length hair or longer **must** be tied back. This is to ensure loose hair does not obstruct your eyes when jumping on the trampoline or get caught in the springs around the edge of the bed.

The items below are not considered suitable;

- 1) Any jewellery or watches, (all earrings to be removed).
- 2) Metal or plastic bobbles on clothing.
- 3) Clothing with buttons and zips (Polo t-shirts etc. are acceptable)
- 4) Street clothes – such as jeans, ‘fashion’ trousers, skirts etc.
- 5) Loose jackets
- 6) Money or personal items in pockets.

All food and drink should be consumed well away from the trampolines.

These are necessary for your safety and must be observed if you wish to trampoline.

Thank you.