

Clothing

All trampolinists will receive a FREE black Dimensions T-shirt on joining, which we strongly recommend the trampolinist to wear each week.

- Trampolinists should wear a one-piece gymnastic leotard/ T-shirt and either shorts or leggings/longs. Baggy clothes are not recommended as they hamper the trampolinists movement.
- No trousers, jeans, zip up tops, loose ties, embellishments, etc.
- No crop tops – tummies & backs should be covered to prevent friction injuries from the trampoline bed.
- Hoodies should be removed after warm up.
- Trampolinists may wear a Club T-shirt over the top of their leotard whilst training. These are issued on joining. These are the most suitable T-shirts and are therefore recommended/preferred.
- **No jewellery whatsoever, including ear studs or body piercing adornments to be worn at anytime during training or competition. This constitutes a safety hazard and British Gymnastics and their Insurers have made it a zero-tolerance policy.**
- Long hair must be secured with an appropriate band.
- Socks or trampoline shoes must be worn at all times on the trampoline.
- Trampolinists should attend their session wearing trainers or suitable shoes for the warm-up



Leotards and shorts can be any style or colour, although, Dimensions Club colours are Black, pink and silver, which are preferred but not essential.

All details correct at time of print. Updated September 2025