

## 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.**



A variety of merchandise is available through our website (hoodies, bags, hats, t-shirts, water bottles etc. Please visit merchandise in the Club members section.



*All details correct at time of print. Updated May 2025*