

Body Piercing and Adornments Policy

Scottish Gymnastics believes that jewellery and adornments worn in body piercing are inappropriate for safe practice in all Scottish Gymnastics recognised activities.

This jewellery policy applies to all participants and coaches **in training, in competitions and in events at home and abroad.**

In all cases, failure to conform will render the individual's insurance invalid should accident or injury result directly from non-compliance with this jewellery policy.

Participants

A person participating with body adornments or jewellery must inform the coach and **remove** the relevant items to reduce the risk of injury to the participant, the coach and others.

Coaches

While a coach is spotting or supporting a gymnast, they must remove all jewellery, including watches and fitness tracking devices. However, if the coach is evaluating performance or giving instruction only, (not in direct physical contact with the gymnast or gymnastic equipment while coaching), they may wear jewellery. The coach should not wear any jewellery if it is anticipated that they may need to step in for any reason.

For the avoidance of doubt, any jewellery which can be removed, must be removed.

Exceptions to the above policy may be applicable in special circumstances which are outlined below.

Newly pierced ears

Newly pierced stud earrings need to be covered with protective tape but must be removed as soon as possible, typically after six to twelve weeks for an earlobe piercing. It is the responsibility of parents/carers to supply and apply protective tape. Scottish Gymnastics will not provide this.

Jewellery that cannot be removed

It is acknowledged that in some circumstances, it may be impossible to remove a ring, welded bracelet and/or dermal piercings. Should this be the case, the jewellery must be covered with protective tape and the piercings covered sufficiently to eliminate any risk.

Religious and medical jewellery

With regards to the wearing of jewellery, sensitivity to religious beliefs and medical requirements/reasons should be afforded, but safety is paramount. Any jewellery that is considered by the coach to be a safety hazard, should be changed or participation may be prohibited. Any concessions on religious or medical jewellery must be within the bounds of reasonable safety. The element of risk should be explained to the coach/participant (parent or carer and every attempt to control the risk should be adopted).

Examples include the following. Please note this list is not exhaustive, and further advice can be sought from the safe sport team.

You can wear a **diabetes bracelet or any blood sugar devices** while participating if you cover the item with a sweatband or similar to eliminate any risk. The participant must advise the coach in charge that they are wearing the bracelet for medical emergency reasons.

You can wear a **Sikh kara** - bracelet worn in the Sikh religion - while participating but you must cover the item with a sweatband or similar to eliminate any risk.

You can wear an **Allah ring** - worn by the Muslim religion - but you must cover this sufficiently with protective tape to eliminate any risk.

Please note: if you are covering an item of jewellery with a sweatband, you should tape the sweatband in place to minimise the risk of it slipping and exposing the item of jewellery.

Religious necklaces - for example, the crucifix necklace for Christians or the mangalsutra necklace as a symbol of marriage for Hindu women. On safety grounds, no participant should be permitted to participate whilst wearing necklaces, be they religious or other.

In all instances above, it is the responsibility of the coach in charge of the session or taking gymnasts to a competition/event to ensure a sufficient risk assessment has been carried out. If the coach identifies a significant risk to the participant, coach or others, which cannot be controlled satisfactorily, then within the bounds of reasonable safety, the coach must prohibit participation. It is the coach's responsibility to inform the gymnast and/or parents/carers of this. Legitimate health and safety concerns which contra-indicate participation, will supersede any other considerations, be they religious, medical, wellbeing of the child or other.

Scottish Gymnastics events and competitions

Failure to conform to the body piercing and adornments policy will prohibit the individual's participation at Scottish Gymnastics events and competitions on the grounds of reasonable safety and wellbeing considerations. Scottish Gymnastics has the final say in this and any instances of jewellery being worn will be dealt with on a case-by-case basis.

Club events

Clubs should be aware that Scottish Gymnastics will only enforce this policy at Scottish Gymnastics organised events. However, clubs are advised to maintain this Scottish Gymnastics policy at other events including, but not limited to, club competitions, training, displays and camps.

August 2026