

## **APPENDIX 19**

### **DRESS CODE**

Aikido is a dynamic and interactive activity and, as such, all clothing worn by junior aikidoka should be:

- fit for purpose (for the activity in question).
- compliant with safeguarding principles.

#### **During all training sessions:**

- Training suits (gi or dogi) should be of the correct size. For example, trousers which are too long may be hazardous and cause trips or falls. Clothing which is too tight may restrict movement. Clothing which is too loose may fall open or fall down.
- Belts (obi) should also be of an appropriate length so as not to be hazardous to the wearer or other students.
- Training attire should cover vulnerable areas of the body such as knees and elbows.
- No jewellery (rings, earrings, bracelets, watches and studs) should be worn during training or competition sessions. Jewellery which cannot be removed for any reason should be covered with appropriate tape if it is considered a hazard to the child or to others on the mat (check for allergies before taping).
- In the event of athlete's foot, verrucas or any other contagious foot problem, socks should be worn. Please be aware that socks may not allow as much grip with the floor – and so, where possible, neoprene or other 'grippy' activity socks should be used.
- Girls and female teenagers wearing dogi should also wear plain – preferably white – T-shirts underneath their jackets. Sports bras may also be appropriate for developing girls.
- The instructor should not adjust the dress of any child unless not to do so would be hazardous to the child or other children taking part, or if it is necessary to protect the modesty of the child. Wherever possible the child should be guided to adjust their own dress, or their parents should assist if they are present. If, despite this, adjusting a child's dress is necessary (such as knotting a belt or securing trouser ties) then the instructor should do so to the side of the training area whilst also ensuring they remain in open view. Where possible, a female coach or helper should adjust the dress of a female child and vice-versa. An instructor should never take a child out of the area to adjust clothing.
- Gi trousers must always be worn underneath hakama.

#### **Competition Dress**

**(to be drafted)**