



POLICY ON BODY PIERCING AND ACCESSORIES

“Raise The Bar” Olympic weightlifting club (RTB) believes that jewellery and adornments worn in body piercing are inappropriate for safe practice in Olympic weightlifting.

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

Coaches must ensure that risks associated with jewels and raised accessories, on training clothing as well as unitard / leotards, are minimised.

Examples are:

- It is unsafe to wear large hoop earring; should you wear anything larger than 5 pence coin, you will be asked to take them off during training.
- It is unsafe to wear jewellery around the neck, as it might cut your skin open, during squats, jerks, etc.
- It is unsafe to have chewing gums in one’s mouth, as it is a choking hazard.

This policy applies to all participants and coaches in training and in events at home and abroad.

Failure to conform to this policy will prohibit the individual’s participation on the grounds of reasonable safety and may render the individual’s insurance invalid should an accident result directly from non-compliance with this policy.

Thank you very much for your understanding, in advance. Failure to comply will result in being asked to leave training.