



7 November 2023

Dear Parent/Carer,

### Gymnastics PE Sessions

Some children have requested to wear gripper socks in their gymnastics PE sessions. For health and safety reasons we have sought advice from British Gymnastics regarding the use of these socks:

Please see below:

*Bare feet are the safest way to participate in gymnastics, the use of shoes is not advised due to safety risks along with the use of gripper socks as the foot is still able to move inside the sock and the rubber grip can come loose. British Gymnastics slippers are commonly only used with children or adults who suffer from foot conditions such as eczema or similar conditions. Therefore, the removal of both shoes and socks are recommended for the safe delivery and participation in gymnastics within a school or club setting.*

We will expect all children to remove their shoes and socks to safely participate in gymnastics. If your child has a diagnosed foot condition, please make us aware and purchase the official British Gymnastics Slippers (£2.50) using the link below. No other sock type will be permitted.

<https://store.british-gymnastics.org/collections/training-gear/products/grip-socks>

If you have any questions, please do not hesitate to contact me.

Yours Sincerely,

*A Elphick*

Mr Elphick  
Director  
Active Education Sussex

