



CHEERSPORT
I R E L A N D

UNIFORM & BODY IMAGE POLICY

1. Introduction

Cheer Sport Ireland (CSI) is committed to promoting positive body image, safeguarding dignity, and ensuring all uniforms and costumes worn by athletes are age-appropriate, respectful, and safe. This policy aims to protect children from exposure to adult-themed clothing, body image pressures, and inappropriate presentation.

2. Purpose

This policy outlines standards for uniforms, costumes, appearance, and body-image protection across all CSI clubs and events.

3. Scope

This policy applies to all coaches, athletes, parents, choreographers, uniform designers, volunteers, event staff, and CSI clubs.

4. Guiding Principles

- Children must be dressed in age-appropriate, respectful attire.
- No costume or uniform may sexualise or objectify athletes.
- Body image pressure must be actively reduced, not reinforced.
- All athletes deserve to feel comfortable, safe, and confident.
- Uniforms must support safe participation in all skills.

5. Uniform & Costume Requirements

- Uniforms must cover the body appropriately based on age.
- Younger age groups (U6–U12) must have modest coverage (no crop tops required).
- Uniform bottoms must provide adequate coverage when stunting or tumbling.
- Costumes must allow for safe, unrestricted movement.
- Transparent or sheer panels must be used appropriately for children.
- Uniforms must not include slogans, images, or designs referencing adult themes.

6. Prohibited Uniform Elements

- Overly revealing or bikini-style tops.
- Excessive midriff exposure for younger athletes.
- High-cut bottoms that compromise dignity when lifted.
- Sheer or mesh sections that expose private areas.
- Uniforms that imitate adult clubwear or lingerie styles.
- Anything that could be perceived as sexualising a child.

7. Safety Considerations

- Uniforms must not restrict breathing, movement, or spotting.
- Jewellery must not be worn during training or competition.
- Hair accessories must be safe and secure.
- Footwear must be appropriate to discipline (cheer shoes, runners, etc.).

8. Body Image Protection

- Coaches must model and promote positive body image.
- Athletes must never be shamed for their body type or size.
- We discourage comparison-based language (e.g., “look skinny”, “lose weight”).
- Athletes must not be pressured to change body shape for performance.
- Uniform choices must include options that allow athletes to feel comfortable.

9. Respectful Language & Behaviour

- Comments about an athlete’s weight, shape, or body appearance are prohibited.
- Coaches must address behaviour that negatively affects body confidence.
- Athletes must be encouraged to value strength, teamwork, and ability—not appearance.

10. Optional Uniform Modifications

- Clubs must offer modesty options (e.g., longer tops, higher-coverage bottoms).
- Athletes may choose more covered options without penalty.
- No athlete may be forced to wear a style that causes discomfort.

11. Costumes for Choreography & Performances

- Costumes must match the age and maturity of the group.
- Adult-themed characters, storylines, and styling are prohibited for children.
- Makeup must be age-appropriate and not overly dramatic.
- No performance may use costumes that imitate adult entertainment themes.

12. Uniform Fitting Protocols

- Fittings must be supervised by at least two adults.
- Parents must be present during fittings for younger children.
- Children must never change in front of adults.
- Private changing spaces must be provided.

13. Competition Day Appearance Standards

- Makeup must not create an overly adult appearance.
- Spray tans for children are discouraged.
- Hair styles must be safe, comfortable, and appropriate.

- Event staff may request changes to unsafe or inappropriate attire.

14. Communication with Parents

- Uniform guidelines must be shared before orders are placed.
- Parents must be informed of body-positive policies and options.
- Feedback from athletes and families should guide uniform decisions.

15. Event Compliance

- Event officials may stop performances involving inappropriate attire.
- Teams may be required to modify or replace non-compliant costumes.
- Repeated breaches may result in disciplinary action against clubs.

16. Non-Compliance

- Coaches or staff producing or approving inappropriate uniforms may face sanctions.
- Clubs repeatedly violating this policy may face CSI disciplinary consequences.
- Athletes will never be punished for raising concerns.

17. Review

This policy will be reviewed every two years or sooner if required.

18. Approval

This Uniform / Costume Appropriateness & Body Image Policy was approved by the Board of Cheer Sport Ireland on: 11/07/2026

Signed:

FIONA COLLUMB, President/Chairperson

JOAN HEAPES, National Children's Officer