

Karate & Dance Fed Ltd - 17150545

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Student Uniform, Clothing, Jewellery & Presentation Policy

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1. Policy Statement

Karate & Dance Federation Ltd (KDF) requires students to attend in clothing that is safe, practical, inclusive and consistent with the organisation's presentation standards. Uniform should support movement, belonging and a recognisable KDF identity without creating unnecessary financial pressure or excluding students because of disability, sensory need, religion, medical circumstances or body shape.

From January 2027, KDF's standard student uniform will move to a simplified black-based model built around the KDF identity. The standard expectation will be a black KDF logo T-shirt with black joggers or black shorts, with non-branded plain black joggers or shorts accepted where appropriate. KDF merchandise may be worn where it forms part of the approved range, but optional merchandise is not required for ordinary participation.

KDF intends the new uniform to be straightforward, affordable and practical across both Karate and Dance. Students should look smart and ready to participate, but uniform standards must remain proportionate and should never take priority over safeguarding, participation or reasonable adjustment.

KDF's approach reflects its values of Kindness, Diversity, Friendship and supports the KDF Promise: Every Student, Every Session, Every Time.

2. Purpose

The purpose of this policy is to establish clear expectations for student uniform, clothing, footwear, jewellery, hair, accessories and general presentation across KDF Karate and KDF Dance.

It explains the new uniform standard, transitional arrangements, acceptable alternatives, safety restrictions, reasonable adjustments and how staff should respond where a student arrives in unsuitable clothing.

The policy is intended to support consistency and safety without using presentation as a punitive tool.

3. Scope

This policy applies to all KDF students participating in routine classes, gradings, workshops, performances, events and other activities where KDF specifies a dress or uniform standard.

Different activities may require additional specialist clothing or footwear, but the principles of safety, dignity, affordability and inclusion apply throughout.

The policy also applies to parents and guardians insofar as they are responsible for ensuring younger students arrive appropriately dressed.

4. New KDF Uniform

From January 2027, the standard KDF uniform will consist of a black KDF logo T-shirt together with black joggers or black shorts.

Plain black non-branded joggers or shorts are acceptable and families are not required to purchase branded bottoms simply to meet the uniform standard.

The simplified model is intended to create one recognisable KDF identity while remaining practical across Karate and Dance.

5. Free KDF T-Shirt

As part of the new uniform introduction, students will receive a free KDF logo T-shirt in the new year as part of the transition to the revised standard.

The free T-shirt is intended to support consistency and reduce the initial cost of moving to the new uniform.

Additional replacement or spare T-shirts may be available for purchase under KDF's normal merchandise arrangements.

6. Transition During 2026

For the remainder of 2026, students may continue wearing the current KDF uniform or suitable plain black clothing.

Families are not expected to purchase an outgoing uniform simply because existing items no longer fit or need replacing during the transition period.

Where new items are required before January 2027, plain black clothing is encouraged so that it remains suitable under the new standard.

7. Purpose of Uniform

Uniform supports identity, belonging, safe movement and a professional learning environment.

It also reduces unnecessary comparison between students and provides staff with a clear expectation around clothing suitable for active participation.

Uniform should never be used to shame a student or family.

8. Black Joggers

Black joggers should allow unrestricted movement and should not be excessively loose, trailing or likely to create a trip hazard.

They do not need to carry a KDF logo.

Students may wear a practical style that suits their fit, sensory needs and activity.

9. Black Shorts

Black shorts may be worn where suitable for the class and weather conditions.

Shorts should provide appropriate coverage and should allow safe movement without constant adjustment.

They do not need to be KDF-branded.

10. Optional Merchandise

Approved KDF merchandise may be worn where it is suitable for the activity.

Optional merchandise does not replace any specific safety requirement and is not mandatory unless KDF explicitly states otherwise for a particular event.

Families should not feel pressured to purchase optional items to demonstrate commitment or belonging.

11. Department Identity

KDF operates as one organisation across Karate and Dance.

Uniform may therefore use shared KDF branding rather than requiring fundamentally separate clothing systems for each department.

Where a department-specific item is used, this should remain consistent with the broader KDF identity.

12. Clean and Serviceable Clothing

Students should attend in clothing that is reasonably clean and in suitable condition for active participation.

Minor wear or ordinary marks do not make clothing unacceptable.

Clothing that is significantly torn, unsafe or unhygienic may require replacement or adaptation before participation.

13. Fit and Movement

Uniform should fit comfortably and allow students to stretch, kick, turn, jump, kneel and move safely.

Clothing should not be so tight that movement is restricted or so loose that it creates entanglement or trip risks.

Students should not be expected to wear a particular fit that causes discomfort simply for visual consistency.

14. Footwear

Footwear requirements may differ according to the activity, floor, class or venue.

Students should follow coach instructions regarding barefoot participation, dance footwear or other approved footwear arrangements.

Outdoor shoes should not be worn on specialist training surfaces where KDF rules prohibit them.

15. Socks and Barefoot Participation

Where barefoot participation forms part of the activity, students should only do so where this is safe and appropriate.

Socks may be restricted where they create a slipping hazard on a particular surface.

Medical or sensory needs should be considered where ordinary barefoot participation is difficult.

16. Jewellery

Jewellery should be removed before active participation where it could create a snagging, impact, strangulation or contact risk.

This includes items such as necklaces, bracelets, large earrings, hoops and other projecting jewellery.

Staff should apply the restriction consistently and explain that the purpose is safety rather than appearance.

17. Small Earrings and Piercings

Where a newly pierced area cannot reasonably be removed, KDF may consider a temporary safe arrangement such as appropriate covering where this is sufficient for the activity.

Covering does not automatically make every piercing safe, particularly where contact or snagging risk remains.

The coach may restrict participation in particular activities where the risk cannot be controlled adequately.

18. Religious Jewellery

KDF will consider religious jewellery respectfully and will seek a safe alternative where possible.

This may include securing, covering or temporarily adapting participation.

Where an item creates a significant unavoidable safety risk, KDF will discuss the issue with the family rather than applying a blanket or dismissive approach.

19. Watches and Smartwatches

Watches and smartwatches should normally be removed during active training where they create contact, distraction or equipment risks.

Where a smartwatch is used for a legitimate medical purpose, KDF will consider reasonable adjustment.

Students should not use devices during lessons for messaging, photography or unrelated activity.

20. Rings

Rings should normally be removed before active participation because they can cause injury during contact, catches or falls.

Where a ring cannot be removed for a significant reason, KDF should assess whether covering or activity modification is sufficient.

Participation may need to be adapted if the risk remains unacceptable.

21. Hair

Long hair should be secured where it could obstruct vision, become caught in equipment or interfere with safe movement.

Hair arrangements should remain practical and should not require unnecessarily restrictive presentation standards.

Cultural and religious hairstyles should be respected and accommodated where safe.

22. Hair Accessories

Hair accessories should be soft and low-risk where possible.

Large rigid clips, sharp pins or decorative items that could cause injury during falls or contact should not be worn during active participation.

Where hair support is needed, safer alternatives should be used.

23. Nails

Students should maintain nails at a length that does not create an unreasonable scratching or injury risk during partner work.

Artificial or extended nails may need to be shortened, covered or participation adapted depending on the activity.

The purpose is to reduce injury risk rather than impose cosmetic standards.

24. Makeup and Cosmetics

KDF does not generally regulate ordinary makeup for aesthetic reasons.

Where makeup, glitter, face gems or similar products create hygiene, transfer, slipping or eye-irritation risks during a specific activity, staff may ask for them to be removed or avoided.

Performance makeup may be subject to separate event arrangements.

25. Perfume and Strong Fragrance

Students should avoid excessive use of strong fragrance where it may affect others with asthma, allergy or sensory sensitivity.

KDF may request reduced fragrance use where a known need exists.

This should be handled sensitively and privately.

26. Hoodies and Outer Layers

Hoodies, coats and heavy outer layers should normally be removed before active participation where they restrict movement, obscure posture or create overheating or entanglement risks.

Approved KDF outerwear may be suitable before or after class and during low-intensity periods.

Staff should consider temperature and individual needs rather than applying the rule inflexibly.

27. Clothing With Hoods, Cords or Loose Features

Garments with long drawstrings, loose cords or accessories may create snagging or strangulation risks.

Where such features are present, staff may require them to be secured or the garment removed during active activity.

Safety requirements apply regardless of whether the item is branded.

28. Undergarments and Modesty

Students should be able to participate without embarrassment or unwanted exposure.

Families should ensure clothing provides suitable coverage for active movement.

Where an issue arises unexpectedly, staff should handle it discreetly and avoid public comment.

29. Cultural and Religious Dress

KDF will respect religious and cultural clothing requirements and will seek reasonable adaptations that preserve safe participation.

This may include sports hijabs, additional layers or adjusted uniform arrangements.

Any discussion should focus on practical safety and inclusion rather than requiring unnecessary conformity.

30. Disability and Sensory Adjustments

Students with SEND or disability may require adaptations to fabric, fit, seams, waistbands, footwear or other uniform features.

KDF will consider reasonable alternatives where standard uniform creates a genuine sensory, mobility or medical barrier.

Where possible, the adapted clothing should remain broadly consistent with the black KDF presentation standard.

31. Medical Adjustments

Medical conditions may require additional layers, braces, supports, compression garments, protective equipment or alternative footwear.

These items are permitted where necessary and safe.

Relevant medical information should be communicated to KDF where it affects participation.

32. Orthotics and Supports

Orthotics, braces or medically recommended supports may be worn where appropriate.

Coaches should understand whether the item affects safe technique or requires activity adaptation.

Students should not be pressured to remove medically necessary equipment merely for visual uniformity.

33. Sensory Clothing Needs

Some students may find certain materials, labels or fits intolerable.

A suitable plain black alternative may be approved where this enables participation.

The emphasis should remain on maintaining a recognisable KDF standard without creating unnecessary distress.

34. Temporary Uniform Difficulties

A student should not ordinarily be excluded from an entire lesson because they have forgotten or temporarily do not have the correct uniform.

Where their clothing is safe, staff should normally allow participation and remind the family of expectations.

Repeated issues may be followed up separately.

35. Unsafe Clothing

Where clothing presents an immediate safety risk, participation may need to be adapted until the risk is resolved.

Examples may include slippery footwear, excessively loose garments, hard accessories or items that could catch during contact.

The response should be proportionate to the actual risk.

36. Uniform and Behaviour

Uniform concerns should not be managed through public embarrassment or punitive exercise.

Staff should speak to the student or family respectfully and privately where possible.

Persistent refusal to follow reasonable safety requirements may be managed under the Student, Parent, Guardian & Visitor Code of Conduct.

37. Uniform and Attendance

Students should not be discouraged from attending simply because a temporary uniform issue exists.

Where clothing is safe, KDF should prioritise participation and resolve the uniform matter proportionately.

Absence should not become the default response to minor presentation concerns.

38. Uniform and Financial Hardship

KDF recognises that uniform costs may be difficult for some families.

The simplified black clothing model and free KDF T-shirt are intended to reduce barriers.

Where genuine financial difficulty affects access to suitable clothing, families are encouraged to contact KDF privately so that reasonable options can be considered.

39. Replacement Uniform

Families are responsible for replacing items that are lost, outgrown or no longer serviceable unless KDF has agreed another arrangement.

Students should not be expected to replace items solely because of ordinary cosmetic wear where the clothing remains safe and presentable.

KDF may offer additional branded items for purchase but should distinguish mandatory and optional items clearly.

40. Lost Property

Uniform and personal items left on site may be placed in KDF's lost-property arrangements.

Families should label items where practical.

Unclaimed property may be disposed of or donated after a reasonable period in accordance with KDF's procedures.

41. Protective Equipment

Where protective equipment is required for a particular karate activity, it must be suitable, in safe condition and used as instructed.

Personal protective equipment should fit correctly and should not be modified in a way that reduces effectiveness.

Protective equipment requirements take precedence over ordinary presentation preferences.

42. Dance Performance Clothing

Dance performances may require costumes or specific presentation standards that differ from routine lesson uniform.

Families should receive clear information in advance about any required items.

Performance requirements should remain age-appropriate, safe and proportionate.

43. Karate Gradings and Formal Events

Karate gradings or formal events may have specific dress expectations.

These should be communicated clearly and should align with the relevant curriculum or grading framework.

Where a student requires a reasonable adjustment, this should be considered without undermining the essential purpose of the event.

44. Photography and Presentation

Uniform and presentation standards should support appropriate photography and filming, but students must never be required to wear clothing that causes discomfort simply for promotional appearance.

Images must continue to follow KDF's consent and safeguarding arrangements.

Uniform should present students positively without becoming a basis for body-focused or appearance-based commentary.

45. Body Image and Respect

Staff should not make unnecessary comments about weight, body shape, size or attractiveness when discussing uniform or clothing.

Uniform conversations should focus on safety, fit, practicality and the agreed standard.

KDF should maintain an environment that supports healthy body confidence.

46. Gender Inclusion

Uniform requirements should not unnecessarily enforce gender stereotypes.

Students may wear the approved black joggers or shorts options according to comfort and suitability.

Where performance costumes create gender-specific issues, KDF should consider reasonable alternatives where practicable.

47. Early Years

Early Years students require practical clothing that allows safe movement and toileting independence.

Staff should expect occasional clothing difficulties and respond supportively.

The new black uniform should be applied flexibly where developmental, sensory or practical needs require adjustment.

48. SEND Students

SEND students should not be penalised where a uniform difference forms part of an agreed reasonable adjustment.

Staff should ensure that all relevant coaches understand the practical adjustment so the student is not repeatedly challenged.

Confidential diagnostic information does not need to be disclosed to other families.

49. Staff Response to Uniform Concerns

Staff should first determine whether the issue is primarily one of safety, presentation or temporary non-compliance.

Safety concerns require immediate proportionate action, while ordinary presentation concerns can usually be addressed after the lesson or with the family.

Coaches should not spend excessive teaching time policing minor cosmetic issues.

50. Parent and Guardian Responsibility

Parents and guardians are expected to support the KDF uniform standard and ensure younger students attend in suitable clothing.

Families should communicate with KDF where a medical, sensory, religious or financial circumstance affects compliance.

Constructive communication is preferred to allowing difficulties to continue without explanation.

51. Student Responsibility

Older students should take increasing responsibility for arriving with appropriate clothing and equipment.

They should remove prohibited jewellery and prepare themselves for training without repeated adult prompting.

This forms part of developing independence and professional habits.

52. Storage During Lessons

Removed jewellery, watches and other valuables remain the responsibility of the student or family unless KDF has expressly accepted them for safekeeping.

KDF should provide a reasonable place for ordinary belongings but cannot guarantee the security of unnecessary valuables.

Students are encouraged to leave expensive items at home.

53. Health and Hygiene

Clothing should be laundered sufficiently to support reasonable hygiene.

Students should not share personal clothing, towels or protective equipment where this creates a hygiene or infection-control concern.

Any blood or bodily-fluid contamination should be managed under KDF's Infection Prevention, Hygiene & Bodily Fluids Policy.

54. Extreme Weather

In unusually hot or cold conditions, temporary clothing adjustments may be permitted to support safe participation.

Hydration, temperature, ventilation and activity intensity should be considered together rather than relying solely on uniform rules.

Students should not be required to remain in clothing that creates an avoidable heat-related risk.

55. External Venues

External venues may impose additional requirements around footwear, changing, costumes or presentation.

KDF will communicate these where relevant.

External venue rules should be followed unless they conflict with safeguarding, equality or safety requirements that require further discussion.

56. Equality and Non-Discrimination

Uniform rules must be applied without discrimination.

Staff should avoid disproportionate enforcement against particular genders, body types, cultures, religions or SEND students.

Any adjustment should be based on individual need and safety rather than stereotypes.

57. Monitoring Uniform Standards

KDF may review whether the new uniform standard is working effectively in practice.

This may include affordability, durability, student comfort, safety and consistency across Karate and Dance.

Feedback may inform future revisions without changing the current standard informally.

58. Quality and Organisational Identity

The new uniform forms part of KDF's wider organisational identity and should support a professional, cohesive environment.

Presentation should reinforce belonging without becoming unnecessarily rigid.

The strongest KDF identity comes from how students behave, learn and support one another as well as what they wear.

59. Kindness

The value of Kindness means discussing clothing and presentation respectfully and avoiding embarrassment.

It also means recognising when a student or family may need practical support.

Uniform standards should strengthen belonging rather than create shame.

60. Diversity

The value of Diversity means recognising that one uniform standard may need different practical applications for different students.

Religious dress, disability, sensory needs, medical supports and body differences should be accommodated where reasonably practicable.

KDF's presentation should remain cohesive without requiring students to suppress legitimate individual needs.

61. Friendship

The value of Friendship means students should not mock, exclude or comment negatively on another student's uniform, body, footwear or reasonable adjustment.

Students should understand that not everybody will wear clothing in exactly the same way.

A respectful KDF community values participation over comparison.

62. The KDF Promise

This policy supports the KDF Promise: Every Student, Every Session, Every Time.

Every student should be able to arrive ready to participate in clothing that is safe, practical and consistent with KDF's identity.

The Promise means uniform should support learning and belonging rather than become an unnecessary barrier to participation.

63. Related Policies

This policy should be read alongside KDF's Student, Parent, Guardian & Visitor Code of Conduct, Curriculum, Teaching & Learning Policy, Curriculum Differentiation, Adaptation & Inclusive Learning Policy, SEND & Inclusive Practice Policy, Early Years Policy, Disability & Reasonable Adjustments Policy, Physical Contact & Appropriate Touch Policy, Infection Prevention, Hygiene & Bodily Fluids Policy, Equipment Inspection, Storage & Safe Use Policy and Online Safety, Photography, Filming & Digital Communication Policy.

These policies should be applied together where uniform or presentation overlaps with safeguarding, equality, health, hygiene, reasonable adjustment, equipment safety or participation.

64. Policy Review

This policy will normally be reviewed annually, but earlier review may take place following a change to KDF's uniform range, significant safety concern, student or parent feedback, equality issue or organisational rebrand.

KDF will continue to maintain a simple and practical uniform standard centred on a black KDF logo T-shirt with black joggers or black shorts, with plain non-branded black bottoms accepted and optional merchandise remaining optional.

The new uniform will support a consistent KDF identity while preserving affordability, safety, comfort and inclusion within a culture of Kindness, Diversity, Friendship.