

Recommended Attire

1. Athletic Shoes

- Explanation: Proper footwear provides support, traction, and reduces the risk of injury. Running or specialized sports shoes are ideal.

2. Moisture-Wicking Fabrics

- Explanation: Clothing made from moisture-wicking materials helps keep you dry and comfortable by drawing sweat away from the skin.

3. Flexible Clothing

- Explanation: Clothes that allow for a full range of motion, such as shorts, leggings, or athletic tops, help enhance performance and comfort.

4. Sun Protection Gear

- Explanation: Wearing a hat, sunglasses, or long sleeves can protect against harmful UV rays, especially during outdoor activities.



Discouraged Attire

1. Casual Footwear (e.g., sandals, flip-flops, dress shoes)

- Explanation: These types of shoes lack the necessary support and traction, increasing the risk of slips, injuries and avoid colour shedding.

2. Loose, Baggy Clothing or Jeans

- Explanation: Excessively loose clothing can get caught in equipment or hinder movement, potentially leading to accidents.

3. Jewellery and Accessories

- Explanation: Wearing jewellery can pose a safety risk during physical activity, as it can get caught or cause injury.

4. Heavy or Bulky Clothing

- Explanation: Heavy attire can restrict movement and make it difficult to perform effectively, especially in dynamic sports.

