REPRESENTING CANADA: A NATIONAL TEAM APPAREL & UNIFORM GUIDE

NATIONAL TEAM HANDBOOK

VERSION 1.0 – SEPTEMBER 16, 2026

Wearing the GymCan National Team uniform is an important part of representing Canada. National Team apparel identifies athletes and team members as representatives of GymCan and Canada and reflects our shared National Team identity.

This guide outlines expectations related to National Team apparel, including when it must be worn, care and replacement, competition attire, and responsibilities related to GymCan partners and branding.

Discipline- or event-specific apparel requirements will be communicated as part of the applicable competition, training camp, or delegation information.

1 NATIONAL TEAM KIT

National Team athletes will receive the applicable National Team apparel and/or competition uniform associated with their program and discipline.

Athletes are responsible for:

- Providing accurate sizing information when requested;
- Keeping their National Team apparel in good condition;
- Bringing all required apparel to National Team activities and events;
- Following the care instructions provided for each item; and
- Wearing the apparel specified by GymCan for official National Team activities.

Event-specific apparel requirements will be communicated in advance by your National Team program.

2 SIZING & FIT

Ordering instructions will be provided before each applicable event. Athletes are responsible for reviewing the instructions carefully and completing their order by the stated deadline.

All orders are reviewed for accuracy before processing. Please order only the items identified in the ordering instructions. Incorrect orders may be cancelled and could result in processing delays.

Sizing information is provided for all National Team apparel. Athletes are responsible for reviewing the applicable sizing information carefully before submitting an order.

2.1 COMPETITION ATTIRE – GK

- The GK sizing chart is available under the Help button at the top of the GymCan Webstore.
- Based on GymCan's experience with the fit of GK competition attire, athletes are generally encouraged to consider ordering one size larger than indicated by the sizing chart or typically worn in other brands.
- If an exchange is required, contact Boutique Gym customer service at info@boutiquegym.ca.

2.2 TEAM CANADA APPAREL

- Sizing information is provided on the product page for each item. Review the sizing information for each item before placing your order.
- Exchanges cannot be processed through the webstore. If a sizing exchange is required, use the contact information provided in your order confirmation or contact your Program Director for assistance.
- Specialty items may occasionally be offered in addition to the standard National Team kit. Specialty items are final sale and cannot be exchanged or returned. Please review the applicable sizing information carefully before ordering.

3 REPLACEMENT & ADDITIONAL ITEMS

Delegates are responsible for ensuring that their National Team apparel continues to fit appropriately.

If your size changes or you need a replacement item, contact your Program Director. Replacement items, including items required because of a change in size, are at the delegate's expense.

Do not contact GymCan apparel suppliers or partners directly regarding sizing, replacement, ordering, or other National Team apparel matters. Your Program Director will coordinate with the appropriate GymCan staff or partner as required.

4 CARING FOR YOUR NATIONAL TEAM APPAREL

National Team athletes are responsible for following the applicable manufacturer care instructions for their apparel and competition uniforms. Proper care is important to preserve the fit, colour, embellishments, logos, and overall condition of your National Team kit.

Always review the care instructions for the specific garment before washing or cleaning it.

Important: Competition apparel may contain delicate fabrics, foil, mesh, or embellishments that require special care. Follow the manufacturer's instructions carefully. Improper washing or care may damage the garment and may affect eligibility for repair or replacement.

National Team Base Kit Care Instructions
Base Kit Care Instructions

GK Competition Apparel Care Instructions
GK Elite Care Instructions

5 WEARING NATIONAL TEAM APPAREL

Athletes are expected to wear the National Team apparel identified by GymCan for official National Team activities.

This may include:

- Official team travel;
- Training and warm-up;
- Competition;
- Medal and award ceremonies;
- Team functions;
- Media interviews and official photographs; and
- Other activities identified by GymCan or the delegation leadership.

Athletes are responsible for reviewing event-specific instructions and bringing all required National Team apparel with them.

6 COMPETITION UNIFORMS

Competition uniforms must meet the requirements established by GymCan, the athlete's discipline, and the applicable international or event regulations.

Athletes must wear the approved National Team competition uniform as directed and must not alter the uniform, logos, sponsor marks, or other branding without prior GymCan approval.

Discipline- and event-specific competition uniform requirements will be communicated through your National Team program.

7 BRANDING, SPONSORS & GYMCAN PARTNERS

GymCan's National Team apparel and competition uniforms may include GymCan, partner, sponsor, manufacturer, and other approved branding. Athletes must wear National Team apparel as provided and must not remove, cover, alter, or add branding unless specifically authorized by GymCan.

Athletes, parents/guardians, and personal coaches should not contact GymCan apparel suppliers, sponsors, or partners directly regarding National Team apparel or uniform matters.

National Team members are expected to communicate respectfully and professionally about GymCan sponsors, partners, and suppliers. Concerns about a product, service, apparel item, or partner experience should be brought to your Program Director rather than raised publicly through social media, online reviews, or other public platforms. GymCan staff can then work directly with the appropriate partner or supplier to address the concern.

8 LOST OR DAMAGED APPAREL

Athletes are responsible for the care and safekeeping of the National Team apparel issued to them.

If an item is lost, damaged, no longer fits, or otherwise requires replacement, contact your Program Director to determine whether a replacement is available and how it can be ordered.

Replacement items are the responsibility of the athlete and are at the athlete's expense.

9 PERSONAL SPONSORS

National Team athletes may pursue personal sponsorship opportunities; however, personal sponsorships must not conflict with GymCan's existing sponsors, partners, or sponsorship obligations.

Before entering into or signing a personal sponsorship agreement, athletes must contact their Program Director so that any potential conflicts with GymCan sponsors or partners can be identified and reviewed.

Personal sponsor logos or branding may not be added to, displayed on, or otherwise incorporated into GymCan National Team apparel or competition uniforms.

Athletes must also comply with any additional branding or sponsorship restrictions that apply to specific competitions or events.

10 TRADING, GIVING AWAY & SELLING NATIONAL TEAM APPAREL

National Team athletes may trade or give away National Team apparel, including when exchanging apparel with athletes from other countries. However, athletes are responsible for ensuring they retain the apparel required to represent GymCan appropriately at National Team activities and events.

Athletes must have all required National Team apparel available to wear when directed by GymCan or the delegation leadership. Apparel should not be traded or given away if doing so would prevent the athlete from meeting these requirements.

GymCan National Team apparel and equipment must not be offered for public or commercial sale.

11 QUESTIONS

For questions about National Team apparel or competition uniforms, including sizing, replacement items, care, or event-specific apparel requirements, contact your Program Director.

Please do not contact GymCan apparel suppliers or partners directly unless specifically instructed by GymCan.

12 DOCUMENT TIMELINES

Version	Date	Change(s)
Final 1.0	September 16, 2026	Initial Document