

Patrons: Sharron Davies MBE, Stephanie Millward MBE

Equipment List for Team Bath AS Swimmers

Swimmers should arrive with the following equipment properly adjusted, named and in good working order prior to the start of each session.

Remember when you shop at ProSwimwear, the club will receive a commission on all purchases- see this link to our website page and click on their logo! You also get loyalty points.

However, there are a variety of online shops, high street sports shops as well as companies that visit swimming events and competitions to select from.

Below is an explanation of what equipment should be used and for what purposes.

Goggles – two pairs (one spare in case one break's mid training or competition).

Comfortable goggles are essential for training but different size goggles fit different types of face shapes. Trial and error works best, but there are some popular brands. Favourites are Speedo Futura (Junior) or Speedo fast Skins. Goggles need to be treated with care, if they're left in a bag crumpled under the weight of other belongings, then the rim that fits the eye can misshape and cause them to leak.

Team Bath Hat – These can be purchased via our Kit Manager club.kit@teambathas.co.uk
Swim hats reduce water resistance and are hygienic.

Club T-shirt - These can be purchased via our Kit Manager club.kit@teambathas.co.uk

Water Bottle - A minimum of 1 litre per hour of fluid intake, two bottles for 2-hour session.



Kick Board – used for legs only kicking sets.

Swimmers have a choice of different sizes, shapes, and choice of with or without grip holes.



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Pull buoy – used for isolating the legs to focus on the pulling actions.



Fins – Assist to stabilise the body through a wider surface area, also aids in increasing ankle flexibility.



Snorkel – for focus on improving body alignment, stroke and kick technique. Swimming specific snorkels come out of the water in front of the face.

(For younger children we recommend a junior sized snorkel)



Mesh Bag – to carry equipment around.

