

	<b>POLICY MANAGEMENT</b>	
	Adopted on	3rd July 2019
	Status	Adopted
	Version	2
	Context	MEMBERS

# Club kit guidance

## Purpose

To outline the Club's guidance on the appropriate club kit to be worn at and to/from internal and external competitions. This policy also indicates the kit that swimmers should bring to training sessions.

## Introduction

The following policy sets out the items of kit swimmers are expected to wear / bring to the various types of swim sessions they may attend. This policy was developed to ensure that:

- Swimmers have the items they need at the appropriate time
- Safety in the water is maintained
- A sense of club identity is achieved on race days
- Swimmers have the correct poolside kit for open meets and team galas

## Recommendations

The Club has decided to make the following recommendations to swimmers and parents.

### Juniors, County and Masters

Swimmers in squads including and below County Level (Juniors, County Development, County Potential and County) and Masters should wear the standard unbranded Swim Bournemouth kit. This consists of the following mandatory items on poolside at competitions:

- Blue Tee-shirt embroidered with SB logo

### While swimming at meets

- **Arena SB** Club swim cap
- Swimwear that meets current FINA regulations for competition

As well as this junior swimmers can choose to optionally purchase

- Hoodie embroidered with SB logo
- Bag embroidered with SB logo
- Water bottle with SB logo
- Towel with SB logo

- Also we recommend dark navy or black shorts if required
- Ideally t-shirts should be labelled with the swimmers first name or initials DO NOT USE FULL NAME.

Details for where to go to purchase the above kit can be found on the Swim Bournemouth website.

The Club also recommends for competition that choose a swim-suit that meets the Swim Bournemouth “Racing Costume/Tech Suit Guidance” policy.

### Regional and Performance

Swimmers in squads at senior level (Regional and Performance) should wear the following mandatory items on poolside at competitions:

- **Arena** blue tee - shirt embroidered and labelled with name and/or initials
- **Arena** blue warm-up jacket/hoodie - embroidered and labelled with name and/or initials

While travelling to and from events senior swimmers should wear:

- **Arena** blue jacket/hoodie - embroidered and labelled with name and/or initials

During swimming at meets:

- **Arena SB** Club swim cap
- Swimwear that meets current FINA regulations for competition

Optional kit

- Dark navy, black shorts/leggings/tracksuit bottoms
- **Arena** blue bag

T-shirts, shorts, hoodies should be labelled with the swimmers first name or initials DO NOT USE FULL NAME.

The Club also recommends for competition that choose a swim-suit that meets the Swim Bournemouth “Racing Costume/Tech Suit Guidance” policy.

The Arena items above should be ordered exclusively from Swim Bournemouth. Orders will be made in bulk twice a year. Try on sessions will be announced by the committee at appropriate times.

Throughout the competitive year there are various competitions and events that the Club would like to recognise by providing a special tee-shirt and/or hoodie. These should be worn at the appropriate occasion/event but are not to be treated as standard Swim Bournemouth kit. Examples of events with specific/special kit would be Arena League, JSL, Swim camps. In most cases these kit items will be sponsored whenever possible and therefore there will be no charge to the swimmer.

## Club Intent

It is the Club’s intention to start enacting this guidance fully in 1 year from initial publication – i.e. in Jun 2020. During the 2019/2020 season the new branded kit will be made available for

purchase and should be purchased in preference to the old unbranded kit for Regional and Performance swimmers as defined above.

## Training sessions

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

Kit list for:

### Juniors

- Mesh Bag
- 1 litre Water Bottle
- Goggles / Swim Hat
- Pull / Kick buoy
- Training Fins

*Note: Swimwear of swimmers choice*

### County

- Mesh Bag
- 1 litre Water Bottle
- Goggles / Swim Hat
- Pull / Kick buoy
- Training Fins
- Hand Paddles - Full face, size appropriate hand paddles not finger paddles.
- Snorkel

*Note: Swimwear of swimmers choice*

### Regional

- Mesh Bag
- 1 litre Water Bottle
- Goggles (Swim Hat)
- Pull / Kick buoy
- Training Fins
- Hand Paddles - Full face, size appropriate hand paddles not finger paddles. Finger paddles **only if advised** (Breaststrokes)
- Snorkel
- Foam Roller - With a variety of foam teeth & PVC if recommended
- Skipping Rope

*Note: Swimwear of swimmers choice (costumes for girls, no kneeskins. Briefs for boys)*

### Performance

- Pull / Kick buoy
- Training Fins
- Mesh Bag

- 1 litre Water Bottle
- Goggles (Swim Hat)
- Hand Paddles - Finger paddles if advised. Breaststrokes
- Snorkel
- Foam Roller
- Ankle Strap
- Car scrub style sponge with string belt

*Note: Swimwear of swimmers choice (costumes for girls, no kneeskins. Briefs for boys)*

## Land Training

For land training the following kit is required\*:

- Tee
- Shorts
- Appropriate footwear – sports trainers only, no fashion shoes, flip flops, sliders, crocs or slippers!
- 1 litre Water Bottle

*\*Girls who have reached maturity are recommended to wear a sports bra. There is an evidence that shows women who exercise without a sports bra are more prone to breast cancer.*

## Competition

During competitions it is recommended you bring the following kit:

- Tee (as above)
- Shorts (as above)
- Appropriate poolside footwear – clean sports trainers, sliders, crocs, flip flops, no fashion shoes or slippers!
- Kit Bag with your name clearly labelled
  - Towel x 2
  - Hat x 2
  - Goggles x 2
  - Water Bottle x 2
  - Techsuit (as per the description above and inline with the Swim Bournemouth “Racing Costume/Tech Suit Guidance” policy)
- Kick Board
- Pull Buoy