

Recommended training and competition equipment for all squads

Training Equipment	Top
Water Bottle (Min 750ml)	✓
Pull Buoy	✓
Fins	✓
Finger Paddles	✓
Goggles + Spare Pair	✓
Skipping Rope	✓
Large Kick Board	✓
Hand Paddles	✓
Ankle Band	✓
Snorkel	✓

Training Equipment	Club
Water Bottle (Min 750ml)	✓
Pull Buoy	✓
Fins	✓
Finger Paddles	✓
Goggles + Spare Pair	✓
Skipping Rope	✓
Large Kick Board	✓
Hand Paddles	✓
Ankle Band	✓
Snorkel	✓

Training Equipment	Age
Water Bottle (Min 750ml)	✓
Pull Buoy	✓
Fins	✓
Finger Paddles	✓
Goggles + Spare Pair	✓
Skipping Rope	✓
Large Kick Board	✓
Hand Paddles	✓
Ankle Band	✓
Snorkel	✓
Stretch Cords	✓
Yoga Mat	✓

Training Equipment	Swim Fit
Water Bottle (Min 750ml)	✓
Pull Buoy	✓
Fins	✓
Finger Paddles (Optional)	✓
Goggles + Spare Pair	✓
Skipping Rope (Optional)	✓
Large Kick Board	✓
Hand Paddles	✓
Ankle Band	✓

Training Equipment	Skills
Water Bottle (Min 750ml)	✓
Pull Buoy	✓
Fins	✓
Small/Large Kick Board, as advised by the Coach	✓
Hand Paddles	✓
Ankle Band	✓

Training Equipment	Masters
Water Bottle (Min 750ml)	✓
Pull Buoy	✓
Fins	✓
Finger Paddles (Optional)	✓
Goggles + Spare Pair	✓
Skipping Rope (Optional)	✓
Large Kick Board	✓
Hand Paddles	✓
Ankle Band	✓

Training Equipment	Sharks
Water Bottle (Min 750ml)	✓
Pull Buoy	✓
Fins	✓
Goggles + Spare	✓
Small Kick Board	✓
Skipping Rope	✓

Land Training Equipment	All
Water Bottle (Min 750ml)	✓
Shorts	✓
Track Trousers (Winter)	✓
Trainers	✓
Track Suit Top/Hoodie (Winter)	✓
Skipping Rope	✓
Woolly Hat (Winter)	✓

Recommended training and competition equipment for all squads

Competition Equipment	All
Water Bottle (Min 750ml)	✓
Suitable Poolside Snacks	✓
Shorts	✓
Footwear suitable for Pool Side	✓
Warm Up Costume/Trunks	✓
Racing Costume/Trunks	✓
Racing Goggles + Spare	✓
Club Top	✓
Skipping Rope	✓

Please Note that when swimming in League and Inter-Club Galas or County and other relays, swimmers should wear plain black costume/trunks. If a swim hat is to be worn it must be a club hat. At Open Meets swimmers may wear a costume/trunks of choice, but if worn swimmers must wear a club hat.

Swimmers attending for presentations must be suitably dressed, which means club top/shorts/track suit. If swimmers are not suitably dressed they will not be allowed to attend any presentation.