

School Swimming Swimwear Guidelines

Boys

Boys should wear swimming trunks or shorts, but these should be comfortable and snug fit and must not be longer than the middle of the thigh. **Shorts that are loose and/or long will hinder the child's progress and make swimming harder for them.**



Girls

Girls should have a one piece swimming costume, no bikinis or tankinis. **Bikinis and tankinis will hinder the child's progress and make swimming harder for them.**

If, for religious/cultural reasons, girls are required to be covered, they should wear tight fitting lycra based leggings underneath their swimming costume. If they are also required to cover the top part of their body, a tight fitting rash vest (a t-shirt designed for swimming) should be worn underneath their swimming costume.



Swimming Hats

All children are required to wear a swimming cap, these are available to purchase at the centre if you do not have one or your child's school do not provide one. *If a child suffer from latex allergies or any other condition, which means they may not be able to wear hats, caps made from other materials are also available from sports outlets.*

Verrucas

If a child has a verruca (treated or untreated), they are **all** required to be covered with a verruca/pool sock.

Goggles

Goggles are optional and are usually not required for the first week and water safety session. Some activities will be required to be completed without goggles. *The only exception to this is for medical reasons, eg: prescription goggles.*