



## Clothing and Equipment

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It is the ethos of the Club to promote teamwork and a sense of community spirit within the Club. It is believed that this can be achieved not only in the way that members, parents and Club staff conduct themselves but also in the way we present ourselves.

For this reason the following recommended guidelines have been introduced by the Club.

### Coaching and Teaching Staff

At Club sessions and at competitions all coaching and teaching staff, including poolside helpers, will wear a Telford Aqua SC polo shirt or alternative Telford Aqua SC branded top. This will aid recognition of qualified/authorised persons to both members and parents.

### Club Officials

At Club sessions and at competition all Club Officials and approved volunteers will wear a Telford Aqua SC polo shirt or alternative Telford Aqua SC branded top. This will aid recognition of qualified/authorised persons to both members and parents.

### Members - Learn to Swim

At Club sessions it is required that swimming costumes, briefs or jammers are worn. Swim shorts, T-shirts and other non-swimming attire are not to be worn. The use of correct clothing will aid the development of the members' swimming skills.

The Club insists on the use of swimming hats appropriate to their stage so that they become familiar and used to swimming with them for future development. It also minimises the amount of chlorine in the hair.

Members should also bring water bottles (no carbonated drinks) to each session.

Spare towels for the poolside are not generally required, unless asked to bring them to a specific session.

### Members – Squad Level

At Club sessions it is required that swimming costumes, briefs or jammers are worn. Swim shorts, T-shirts and other non-swimming attire are not to be worn. The use of correct clothing will aid the development of the members' swimming skills.

The Club insists on the use of club swimming hats and long hair is to be tied back to prevent visual obstruction when swimming.

Members should also bring water bottles (no carbonated drinks) to each session.

### Competitions

At all competitions members are required to wear Telford Aqua SC Gala Kit which consists of the Telford Aqua SC swimming costume/jammers, hat and T shirt. Please be advised to represent the Club you must wear the gala kit. The exception to this is if a FINA approved skin is used. In such cases the Club's T shirt should be worn, when not in the pool. Members should also bring water bottles (no carbonated drinks) along with a spare towel for the poolside.