

PROPER SWIMMING ATTIRE



Proper swim attire is defined as items that are **specifically made for swimming/swimming pools**.

- **Lycra and Nylon** are often used in aquatic specific swim attire and are the best non-absorbent material for swimming.
- Other **absorbent materials** (such as cotton) can break down in the water and cause fibers to clog filters.
- Any **dyed material** (not made specifically for swimming) can bleed into the pool, impacting water chemistry and balance.
- There are additional hygiene concerns with **unlined clothing items** that come in direct contact with the skin that are worn in the water.
- **Loose or baggy clothing items** pose additional risk of personal endangerment in a body of water.
- Some tight fitting, clean clothing items may be worn, when **worn in conjunction with aquatic specific items** (e.g. a sports bra worn under a swim suit, a tight fitting, clean t-shirt worn in conjunction with swim trunks).

Below is not an exhaustive list, but should be used as a reference guide for what may or may not be considered appropriate swim attire:

Proper Swim Attire ✓

- Bathing suit (including 1 piece, 2 piece tankinis, or 2 piece bikinis)
- Swim Trunks
- Swim briefs (long or short)
- Swim/Surf shirt or Rash guard
- Religious swim wear (made specifically for aquatic use)



Improper Swim Attire ✗

- Denim (shorts, cut-offs, or jeans)
- Compression shorts
- Basketball shorts
- Underwear or boxers
- Thong style items
- Leotards

