

Competition Swim Suit Care and Tips

Caring for your swimwear:

- ❖ Before swimming, rinse off in a clear water shower. (Hair, skin and fabric all absorb fluids. If the first fluids they receive are chlorinated they will wear out faster.)
- ❖ Avoid getting shampoo or soap on suit. (Shower in an older suit if modest.)
- ❖ Following each wearing thoroughly rinse in cool water and drip dry. Do not wring or twist the fabric.
- ❖ Occasionally place the suit in a solution of water and vinegar – approx. 1-cup vinegar to a sinkful of water. This will neutralize the remaining chlorine that was left on the suit.

Additional tips for decorated suits:

- ❖ Avoid sitting in the costume suits. (Decorations can be knocked off by rubbing against seats, clothing etc. Sitting on rough pool decking can damage even non-decorated areas.)
- ❖ Apply Knox to hair before changing into routine suit.
- ❖ Remove suit before taking out the Knox.
- ❖ Keep out of hot tubs/spas.
- ❖ Hang to air dry on plastic hangers (no metal hangers, not in plastic bags). Support suit if needed to prevent stretching.
- ❖ Keep suit out of direct sunlight to prevent fading.
- ❖ To ensure uniform color of all suits for a team, the entire team needs to follow the same protocol. (Also, additional suits that are for later use should be dipped in the pool and then rinsed.)

For headpieces:

- ❖ Rinse as with suit.
- ❖ Store in something that allows airflow to prevent mold growth.
- ❖ Store so that the plastic canvas base is not crumpled or bent out of shape.