

**Suitable swimwear must be worn at all swimming sessions, in all of our pools.**

Swimwear should be made of tight-fitting fabric that allows your body to move freely. Your swimwear must be clean, and only used for swimming.


**Ladies/Girls Swimsuit**






No underwear to be worn underneath costume

**Lycra Hijab**




Designed for swimming

**Normal Hijab**



Hijab must be designed for swimming

**Burkini swimsuit**



2 or 3 piece. Swimming costume to be worn underneath

**Mens/Boys Swimming Shorts**



Must be lined and above knees



No underwear to be worn



Unlined. Not designed for swimming



No denim. Not designed for swimming



Too long. Not designed for swimming

**Did you know?**  
Cotton breaks down in the pool, which can clog the pool filter system. Swimwear must be clean, appropriate material and only used for swimming.

**Ladies/Girls Lycra Long Sleeved top**



Tight or close fitting. Designed for swimming

**Loose Fitting T-Shirt**



Not correct material. Must be tight or close fitting

**Ladies/Girls Lycra/Gym Leggings**



Tight fitting. Over or under swimsuit

**Ladies/Girls Sports Wear/Joggers**



Not designed for swimming. Too loose

**Ladies/Girls Leg Swimsuit**



No underwear to be worn

**Did you know?**  
Loose clothing that isn't designed for swimming is heavy when wet and increases the risk of drowning.

**Swim Cap**



Must be designed for swimming. No shower caps

**Latex Swim Sock**



Swim socks only. No other footwear allowed

**Swim/Dive Shoes**



Not allowed. Latex socks only

**Swim Nappies**



Must be designed for swimming

**Mens/Boys Lycra Running Leggings**



Tight or close fitting. Worn with swim shorts

**Mens/Boys Sports Wear/Joggers**



Not designed for swimming. Too loose

**Ladies/Girls Bikini/Tankini**



Must be appropriate (Not too revealing)

**Above Knee Swim Shorts**



Over swimsuit. Must be designed for swimming

**Jewellery**



Loose fitting jewellery not allowed

**Jewellery**



Large/hooped earrings not allowed

**Did you know?**  
Cotton and some other materials can hold detergents, germs, and bacteria in them. If worn in the pool these germs and bacteria could be released into the water.

**Mens/Boys Long Sleeve Lycra**



Tight or close fitting. Designed for swimming

**Mens/Boys Loose Fitting T-Shirt**



Not correct material. Must be tight or close fitting