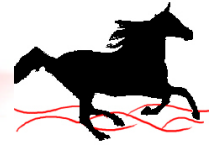


Swimming Since 1918

# Newmarket & District Swimming Club



President: Robert Hicks

## KIT CARE

Here are a few tips on keeping your swimming kit in tip-top condition...

- Swimwear (inc. costumes, trunks, jammers & drag shorts)

ALWAYS rinse in COLD water, squeeze gently and allow to drip dry e.g. on the washing line or over the bath.

NEVER put swimwear in the washing machine NOR hand wash in warm/hot water. DO NOT use detergents.

DO NOT dry your swimwear on or near direct heat e.g. radiator (not even on top of a towel). Heat will cause your swimwear to lose its elasticity and, therefore, reduces its 'life'.

Follow the manufacturers' instructions for cleaning.

- TOWELS

When washing your towel/s DO NOT use fabric conditioner as this reduces absorbency. Use a tumble dryer, if you have one, to make your towel soft.

- GOGGLES

To keep goggles scratch free, store them in their original case.

- HATS

Always allow to dry after each session. Try using a small amount of talcum powder inside the hat to stop it sticking together.

- DRINKS BOTTLE

Essential kit for poolside, but make sure it is always clean.

- TRAINING AIDS

Allow kickboards, pull buoys, fins etc to dry. Damp kit becomes smelly kit!

Do use a mesh bag to store your kit as this allows water to drain away and air to circulate.