



Competition Kit List

For any competition, including Progress Meets, you will need to take the following to the pool with you:

- Swimming costume x 2
- NPSC Yellow Swimming Hat x 2
- Goggles x 2
- Blue NPSC Polo Shirt
- Shorts / joggers
- Towels x 2
- Flip flops or similar
- Small drawstring kit bag (for on poolside)
- Poolside snacks / drinks
- Lunch (if attending for multiple sessions)

Most competitions require swimmers to wear something on their feet when being marshalled for an event as swimmers have to leave poolside, so this is a health and safety requirement. If you do not bring flip flops or similar you may be required to put on the shoes/boots that you arrived in.

Space is usually limited during an open meet due to the large number of clubs and swimmers. You will need to take a small drawstring bag (available from the NPSC swim shop) poolside, with your drink, snacks, goggles, hats and poolside towel. You **must** put your rucksack in a locker (£1 usually required). Please do not give your bag to parents to look after, swimmers should be independent and may not be allowed into the spectator area.

When you are poolside you will be required to wear your NPSC polo shirt and also shorts or joggers. Please bear in mind you could be sat around for a long time and will need to keep warm between events.

Please remember to take all your belonging home and dispose of your rubbish yourself - this is **not** the job of the Coach and poolside helpers.