



Practice Apparel Policy for Go Kingfish Members:

The following are GO member requirements/recommendations for swim wear at practice:

Male:

- Jammer or brief swim suit
- Swim Goggles
- Swim Cap (optional)- some facilities require all members to wear a bathing cap to enter the pool.
- GO Kingfish members are not allowed to “Deck Change” during practice; they must proceed to a designated changeroom for changing purposes
- GO Members must always have their groups training equipment with them always

Female:

- Traditional one-piece bathing suits are required for practice. Examples of these can be found [here](#) and [here](#)
- Workout Bikini’s are not allowed during practice indoors. However, swimmers may request permission to use these, with parent permission, on outdoor training sessions or team training events held outdoors. Examples of these can be found [here](#).
- Swim Goggles
- Swim Cap (optional)- some facilities require all members to wear a bathing cap to enter the pool.
- GO Kingfish members are not allowed to “Deck Change” during practice; they must proceed to a designated changeroom for changing purposes
- GO Members must always have their groups training equipment with them always