














RECOMMENDED TRAINING KIT LIST

	Bronze	Bronze Plus	Silver	Silver Plus	Gold	Notes
Swim Hat 	✓	✓	✓	✓	✓	<ul style="list-style-type: none"> • Protect hair, improve streamline, and holds goggles in place • Available to purchase at LH pool • Named hat order submitted 2-3 times per year • Swimmers need a spare hat at every session • LHSS hat required for competition
Swim Goggles 	✓	✓	✓	✓	✓	<ul style="list-style-type: none"> • Low profile competitive goggles designed to reduce drag and stay on when diving from blocks • Junior and Senior sizes available in many models • Available to purchase at LH pool • Bronze swimmers wait until your current goggles need replacing • Swimmers need spare goggles at every session
Mesh Bag 	✓	✓	✓	✓	✓	<ul style="list-style-type: none"> • Keeps all your kit together • Easy dry • Not compulsory, but very useful!

<p>Drink Bottle</p> 	✓	✓	✓	✓	✓	<ul style="list-style-type: none"> • Swimmers require drink at every session • Only plastic sport-type drink bottles allowed • LHSS bottles available to purchase at LH pool
<p>Kick Board</p> 	✓	✓	✓	✓	✓	<ul style="list-style-type: none"> • Used in most sessions to build on leg strength and/or technique • Kick Board with handles preferable to reduce shoulder stress • Small/young swimmers should consider a Junior Kick Board
<p>Pull Buoy</p> 	✓	✓	✓	✓	✓	<ul style="list-style-type: none"> • Used for pull sets to increase arm strength and/or technique • All swimmers will require a Junior Pull Buoy unless advised otherwise
<p>Fins</p> 	✓	✓	✓	✓	✓	<ul style="list-style-type: none"> • Used to improve leg strength and/or technique • Fins should be short, supple, and tight fitting (not snorkelling style) • Selection of second-hand fins available to purchase at LH pool
<p>Band</p> 			✓	✓	✓	<ul style="list-style-type: none"> • Goes round both ankles • Used with and without a pull buoy • Swimmers will be given a band; replacements incur a small charge

<p>Paddles</p> 				✓	✓	<ul style="list-style-type: none"> • Used to improve feel for water and shoulder strength • Used alone or in conjunction with other equipment • Most swimmers will require Small Size – size guides are available
<p>Swim Snorkel</p> 				✓	✓	<ul style="list-style-type: none"> • Used for technique work • Used alone or in conjunction with other equipment • Quality snorkels have a one-way valve which makes them easier to use • Swimmers may initially need to wear a nose clip with their snorkel
<p>Skipping Rope</p> 			✓	✓	✓	<ul style="list-style-type: none"> • Used during land training sessions • PVC style preferable • Ask at LH pool if would like to purchase second hand rope