



## Staying Warm at a Meet

For swimmers, staying warm can be a challenge. The following are ideas that will help you to keep your child warmer when it's cold at a meet:

- Have your child dress in clothes appropriate for the temperatures at the meet. Kids often come to the pool in sandals and light clothes for the sunny weather and then leave shivering in the cold.
- Invest in a swim team parka. They last forever and make a huge difference in your child's warmth when they leave a practice or meet.
- Caps help hold in the heat. They are the cheapest and simplest tool for warming up your child in the water.
- Surf shirts don't work for warmth. They actually cool your child. Save them for the sunny months when your child's skin needs protection.
- Your child will warm more quickly with the wet suit off. If you can take the time to get him/her into the locker room to change, he/she will walk out much more comfortable than otherwise.
- At meets, bring a pair of boots to wear between events and a pair of sandals or crocs to wear to the blocks for warm-ups or races. Keeping feet off the cold ground helps a lot!
- Bring a pair of sandals to wear on deck and in the locker rooms. This is a healthy barrier between your child's feet and whatever might be on the ground, as well as a barrier from the cold.
- Buy hand warmers when you see them sold at stores. At a meet, crack a couple of them open and put them in your child's parka pockets. Coaches do the same!