

Pincher Creek Dolphin Swim Club Swim Suit, Skin, & Hair Care Tips

Training Suits – Intended To Be Worn For Swim Practice (Speedo, Tyr, Others)

- Dominant materials are generally polyester, PBT, and nylon
- Durable, chlorine resistant and as such are not as elastic as competition suits
- Training suits are not designed for speed and actually increase drag and resistance through the water, which is why swimmers often feel faster in the water wearing a competition suit (see below) during a swim meet

Competition Suits – Intended For Use Only At Swim Meets (Speedo, Tyr, Others)

- Dominant materials are generally lycra, spandex, and nylon
- Less durable & less chlorine resistant, generally comfortable due to their elasticity
- Competition suits are designed for speed, but will wear out very quickly if used for regular practice

Technical Suits – Intended For Special Competition Meets (Arena, Mizuno, Speedo, Tyr, Others)

- Dominant materials are polyester, nylon, elastane, lycra, spandex, and more recently, carbon fiber
- Designed for speed at the expense of durability as they reduce drag and the body's resistance through water
- Technical suits are expensive, difficult to get in and out of due to their compression, and are designed to be worn rarely as chlorine, sweat, and other body oils reduce their life expectancy

Can I Wear My Suit In The Hot Tub?

- Heat and high concentration of chlorine in a hot tub will break down a swim suit very quickly
- A competition or technical suit can be ruined after wearing it only one time in a hot tub
- Training suits are more durable in a hot tub, but can still fade and wear out

Why Does My Suit Have To Fit So Tight?

- A smaller suit will last you longer than a suit that is purchased a size or more too big.
- A snug suit retains its shape and chlorine resistance better than one that twists around you in the water
- A suit stretches after minimal wear, so a suit that is too big will stretch more and become baggy and faded

How Should I Wash My Suit?

- Wash BY HAND and NEVER IN A WASHING MACHINE – regular soaps and detergents fade the suit
- Rinse as soon as possible after practice in cool water after every use and then hang to dry inside (not in sun)
- Some swimmers use chlorine rinse products such as Summer Solutions, Tyr, or Aqua-Suds suit cleaners

Why Did My Suit Fall Apart So Quickly?

- DO wash your suit by hand in cool water immediately after practice and hang it to dry inside (not in the sun)
- DON'T leave your suit in your swim bag or wrapped in your towel after practice, or rolled up in a Ziploc bag

How Should I Get Chlorine Off My Skin And Out Of My Hair?

- Swimmers should shower immediately before and after practice / meet races to prevent chlorine damage
- Failure to rinse will lead fair-haired swimmers with 'chlorine-green' tint; all swimmers hair will get dry/frizzy
- There are swimmer shampoos that neutralize chlorine such as Ultra Swim, Tri Swim, and Tyr
- If the swimmer shampoos are deemed too expensive, then your regular shampoo is an alternative