



Clothing & Swim Gear Policy

Purpose

Ensure clarity of required swimsuits, clothing and swim gear required for all practices and swim meets for all competitive swimmers.

Responsibilities in this document

Swimmer

Coaches

Clothing for Practices

Afternoon / Evening (pm) practices:

All competitive groups with the Fredericton Aquanauts Swim Team are expected to come to all afternoon practices with the following:

- **Black or red suit** (Speedo Endurance recommended but suit choice that best fits swimmer.)
- **2 swim caps with FAST logo:** swimmers need at least one backup cap, as they do tear. Swimmers can be given a new swim cap and cost will be charged to their account.
- **2 pairs of goggles:** swimmers need at least one backup pair, as they do break. Swimmers can be given new goggles and cost will be charged to their account.
- **Note:** Unless specified by the coach, swimmers are not permitted to train in any technical suit, which includes all styles and brands, including but not limited to aquablades, fastskin, arena, etc.

Morning (am) practices:

All competitive groups with the Fredericton Aquanauts Swim Team are expected to come to all morning practices with the following:

- **One piece, jammers or briefs** of their choice
- **2 swim caps:** swimmers are permitted to wear a **cap of their choice**. Swimmers need at least one backup cap, as they do tear. Swimmers can be given a new swim cap and cost will be charged to their account.
- **2 pairs of goggles:** swimmers need at least one backup pair, as they do break. Swimmers can be given new goggles and cost will be charged to their account.
- **Note:** swimmers are not permitted to train in any technical suit unless requested by their coach. This includes all styles and brands including but not limited to aquablades, fastskin, arena, etc.



Swim Gear for Practices (am & pm)

FAST has some inventory on hand for most of the required swim gear to make it easy to obtain these items. You are free to purchase at a retailer of your choice, however, you must ensure the gear meets all the requirements (style, brand, etc) as per the FAST Clothing & Gear Policy. Many clothing items are now available on the FAST Ly Sports Storefront.

Please note: As of this season (2025-2026), FAST will no longer carry the Speedo backpacks in our store. You will be able to purchase them from our LySports storefront.

Group	Swim Gear Required at Practices
Aqua 1	<ul style="list-style-type: none">● Kickboard● Pull Buoy● Fins● Snorkel● Skipping Rope (optional)
Aqua 2	<ul style="list-style-type: none">● Kickboard● Pull Buoy● Fins● Snorkel● Skipping Rope (optional)
Aqua 3	<ul style="list-style-type: none">● Kickboard● Pull Buoy● Fins● Paddles● Snorkel● Skipping Rope● Stretch/Resistance Bands
Aqua 4	<ul style="list-style-type: none">● Kickboard● Pull Buoy● Fins● Paddles● Snorkel



	<ul style="list-style-type: none">● Skipping Rope● Stretch/Resistance Bands
SR	<ul style="list-style-type: none">● Kickboard● Pull Buoy● Fins● Paddles● Snorkel● Skipping Rope● Stretch/Resistance Bands● Mesh power bags
HP	<ul style="list-style-type: none">● Kickboard● Pull Buoy● Fins● Paddles● Snorkel● Headset● Band Skipping Rope● Stretch/Resistance Bands● Mesh Power Bags

Clothing for Swim Meets

FAST Swimmers are not permitted to wear technical suits at any swim meet without prior coaches' approval.

- It has always been FAST's philosophy that we are fast in our own skin, and there is a very specific use for technical suits when at high profile/performance level meets
- Technical suits are expensive and when used properly, have a very short life span (3-5 meets of peak functionality)
- FAST swimmers may be permitted to wear these suits if the swim meet is at a high level of performance, however, the swimmer must have permission from their coach, before the meet, to wear a technical suit



Group	Swim Clothing Required at Swim Meets
Aqua 1	<ul style="list-style-type: none"> ● Black or red suit (Speedo Endurance suit recommended) ● Performance technical suits are not acceptable to wear ● Official FAST swim cap ● Official FAST team logo t-shirt ● Official red FAST Speedo backpack (optional)
Aqua 2	<ul style="list-style-type: none"> ● Black or red suit (speedo endurance recommended) ● Performance technical suits are not acceptable to wear ● Official FAST swim cap ● Official FAST team logo t-shirt ● Official red FAST Speedo backpack (optional)
Aqua 3	<ul style="list-style-type: none"> ● Black or red suit (Speedo Endurance suit recommended) ● Aquablade and kneeskin type suits with coach permission only ● Performance technical suits are not acceptable to wear ● Official FAST swim cap ● Official FAST team logo t-shirt ● Black shorts and/or pants ● Official red FAST Speedo backpack
Aqua 4	<ul style="list-style-type: none"> ● Black or red suit (Speedo Endurance suit recommended) ● Technical Performance suits are with coach permission, type depends on 12&U vs 13+ ● Official FAST swim cap ● Official FAST Team Logo T-shirt ● Official FAST Team black hoodie/crew neck or half zip long sleeved shirt with FAST logo ● Black shorts and/or pants ● Official red FAST Speedo backpack
SR	<ul style="list-style-type: none"> ● Black or red suit (Speedo Endurance suit recommended) ● Official FAST swim cap ● Official FAST Team Logo T-shirt



	<ul style="list-style-type: none">● Official FAST Team black hoodie/crew neck or half zip long sleeved shirt with FAST logo● Black shorts and/or pants● Official red FAST Speedo Backpack
HP	<ul style="list-style-type: none">● Black or red suit (Speedo Endurance suit recommended)● Official FAST swim cap● Official FAST Team T-shirt with logo● Official FAST Team black hooded sweatshirt with FAST logo● Black shorts and/or pants● Official red FAST Speedo backpack

Breaches of this policy may result in an athlete forfeiting their right to compete at the event.