



WDSC Equipment Guide

All swimmers need a minimum of a cap, goggles and swim suit for their practices. As swimmers grow, so will their need for equipment.

As swimmers progress, they may need additional gear, such as:

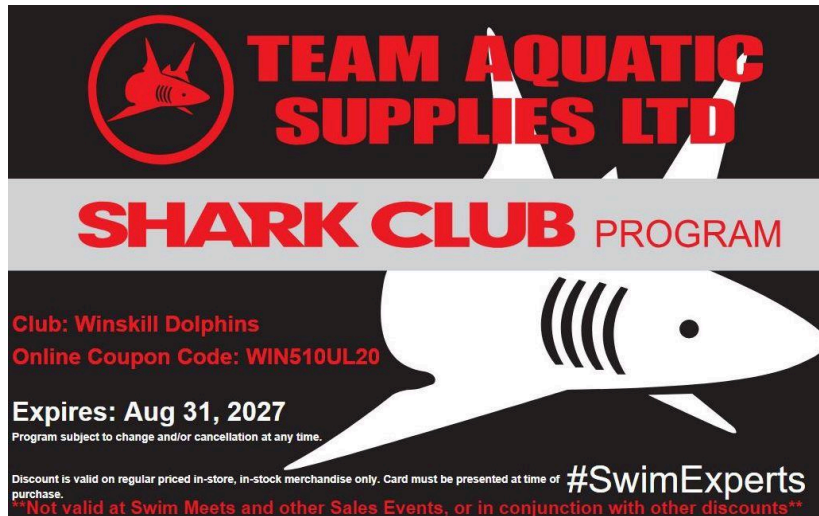
- Competition suits (streamlined swimsuits designed for race performance)
- Mesh equipment bag (breathable bag for carrying and drying gear)
- Kickboard (float used to isolate and build leg strength)
- Fins (short and long) (worn on the feet to improve kick technique and speed)
- Hand paddles (worn on the hands to build upper body strength and improve stroke technique)
- Pull buoy (placed between the legs to isolate upper body work)
- Snorkel (allows swimmers to focus on technique without turning their head to breathe)

Your child's coach will be able to tell you exactly what is needed for their group. We recommend waiting for this guidance before purchasing additional gear.

Your swimmer will receive a WDSC swim cap and T-shirt with their registration. Replacement caps can also be supplied by your coach and your account will be charged for each additional cap supplied after the first one.

We have a partnership with Team Aquatics (Richmond and North Vancouver) where they provide swimmers with a **shark card** specific to our club that offers a 20% discount on gear and suits. Team Aquatics staff are highly knowledgeable and are able to provide assistance with proper fit and selection.

Shark Card



Gear For Practice

- Swimsuit
- Goggles
- Swim cap
- Towel
- Water bottle
- Group-specific equipment (e.g., fins, kickboard)

Gear For Competitions

- Team shirt and cap
- Goggles (plus spare)
- Tech suit for high levels