



Southwark Aquatics Training Kit Requirements:

	Masters	Gold	Siver	Bronze	Skills	Academy	Club	Club +
Water Bottle	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Kickboard	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Pull Buoy	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Pull Strap	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes
Snorkel	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Fins	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Finger Paddles	Optional	No	No	Optional	Optional	No	Optional	Optional
Hand Paddles	Optional	Yes	Yes	No	No	No	No	Optional
2 x Pairs of Goggles	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
2 x Swimming Hats	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
T-Shirt for swimming in	No	Yes	Yes	No	No	No	No	No

Recommended Equipment:

Kickboard

Avoid combination kickboard/pull buoys, but any kickboard will be okay. This one from Decathlon is good value:

- https://www.decathlon.co.uk/p/swimming-pool-kickboard-blue/_/R-p-351550

Pull Buoy

Avoid combination kickboard/pull buoys. Younger swimmers should aim not to have too large a pull buoy. This is a good option for most swimmers:

- https://www.decathlon.co.uk/p/swimming-pull-buoy-light-500/_/R-p-333602

Pull Strap

This can be improvised or pre-made versions are available:

- Decathlon sells a good value one. This is the best option for most swimmers:
https://www.decathlon.co.uk/p/swimming-ankle-band-900-black/_/R-p-329035
- Some swimmers find a version with rounded edges more comfortable so a version like this TYR one is also a good option:
<https://www.tradeinn.com/swiminn/en/tyr-training-pull-strap/138100619/p>

Snorkel

This needs to be a centre snorkel designed for swimming.

- Decathlon's own brand one is used by lots of club swimmers, but needs looking after so that they don't break:
https://www.decathlon.co.uk/p/swimming-front-mounted-snorkel-500-size-s/_/R-p-149028
- Finis make a more durable option:
https://www.decathlon.co.uk/p/mp/finis/finis-glide-snorkel-mint-green/_/R-p-8e62eb11-6d65-4dc4-b9f8-d565b8c2d238

Fins

Need to be short for swim training

- Decathlon's fins work well:
https://www.decathlon.co.uk/p/silifins-500-short-swimming-fins-3-colours-navy-blue-blue-yellow/_/R-p-122646
- Finis Gold Zoomers are available in more shoe sizes and are also a good option, but more expensive: <https://www.finisswim.eu/Zoomer-Gold>

Finger Paddles

Smaller paddles useful for working on technique. Try to avoid versions with elastic straps as these can break and be hard to put on during training.

- A few swimmers have these and they seem to work well:
https://www.decathlon.co.uk/p/finger-paddles-900-quick-in-black-red/_/R-p-127025?mc=8548087
- Finis agility paddles are also a good option:
<https://www.amazon.co.uk/FINIS-Unisexs-Agility-Paddle-Floating/dp/B07NQ9K2C2/r?th=1>

Hand Paddles

Larger paddles which help build arm strength and endurance. Try to avoid versions with elastic straps as these can break and be hard to put on during training. These paddles from Decathlon are a good option:

- https://www.decathlon.co.uk/p/mp/finis/finis-manta-swim-paddle/_/R-p-caceb334-d7a6-4b79-96cd-a48fe660fe38

Swimming Goggles

Lots of good options, but try on the pair to make sure they fit! They should stay on the swimmer's face without the strap.