

### **Equipment required for training**

	<b>Goggles</b>	<b>Cap*</b>	<b>Competitive suit</b>	<b>Fins</b>	<b>Paddles</b>	<b>Buoy</b>	<b>Snorkel</b>	<b>Other</b>
<b>Novice</b>	X	X	X					
<b>Junior</b>	X	X	X	X				
<b>Level 2</b>	X	X	X	X				
<b>Level 3</b>	X	X	X	X	X	X	Recommended	
<b>Level 4</b>	X	X	X	X	X	X	X	Drag shorts, Running shoes#
<b>Level 5</b>	X	X	X	X	X	X	X	Drag shorts, Running shoes#

\*Cap required if hair is long enough to be in eyes during swimming

# only required at designated times of the year