



## **NFHS Swimming and Diving Suit Coverage Resources**

### **Pre-Season Meetings**

- Coaches and school administrators should take a proactive role and address suit coverage with parents and athletes during their pre-season meetings to specify that suits should be worn as the manufacturer intended. Athletes purchasing personal suits for competition should consider suits that comply with NFHS rules regarding appropriate coverage as well as design and decoration.
- Established school dress codes can also be referenced in this context, as existing standards for student attire that may deal with a variety of issues and suit coverage can be included therein.
- Coaches should select team suits that provide appropriate coverage as it pertains to NFHS rules. Permit different styles to be worn that will appropriately fit the various body sizes.
- Outline reasonable guidelines that can be implemented by coaches and officials of appropriate suit fit. Consider competitive scenarios, but also strategies implementable by NFHS coaches regarding this issue in daily practices and meets.
- Coaches or administrators can utilize a standard script during pre-season meetings. Coaches are placed in the difficult, and admittedly, uncomfortable position of speaking with athletes about covering up appropriately. The script will assist in starting the conversation and establishing expectations.
- Provide illustrations of an appropriate and inappropriate fitted suits for males and females.
- Coaches should be aware, and should articulate to athletes and parents, the reality that there are suits available on-line that are NOT legal for high school competition; many of those come with the FINA approval tag, but still are in violation of NFHS rules as to (a) size and number of manufacturer's logo and (b) body coverage.



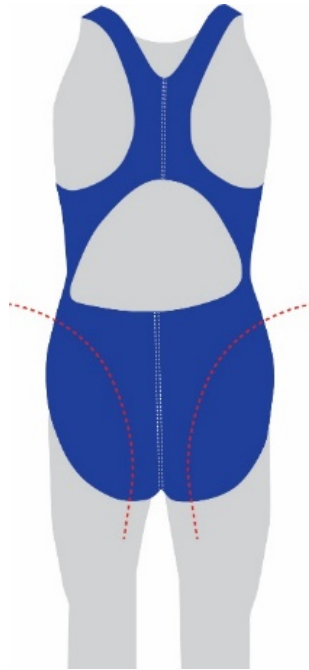
### **Pre-Meet Coach and Athlete Meetings**

- Pre-meet coach and athlete meetings have been mandated, which is an opportunity for the coach to verify that his/her athletes are properly and legally equipped AND an opportunity for captains/peers to consult with their teammates to ensure suits and caps meet rule guidelines.
- Emphasize the role of the captains regarding these meetings. They are more in touch with what teammates are wearing and how they're wearing it AND it prompts questions before the fact about legality.

### **Talking Points**

- The NFHS is dedicated to providing a safe environment for its members and the swimming and diving community.
- Education-based activities is a great platform that provides an opportunity to discuss appropriate behavior and attire.
  - Athletes serve as role models and representatives of their sport, school, and state association.
  - Shows support and pride for team and teammates.
  - Reflects positively on coaches and teammates.
  - Shows respect for yourself, and desire to present yourself in the best possible light.
  - Teaches young athletes the importance of presenting themselves in publicly appropriate attire.
- During practice and competition suits shall be worn in the appropriate size as dictated by that manufacturer's specifications for the athlete's body type and shall remain unaltered.
- Boys shall wear suits which cover the buttocks, and girls shall wear suits which cover the buttocks and breasts.
- Athletes should be instructed to adjust their suit before exiting the pool. A common, objective phrase that has been recommended is "fix your suit".

**Example of Appropriate and Inappropriate Female Suit Coverage  
(red dotted lines)**



**Example of Appropriate and Inappropriate Male Suit Coverage (red dotted lines)**

