



## OAK Swim Suit Procedure

### **Definitions:**

*Tech Suit:* refers to compression racing suits that provide muscle compression, increased blood flow, reduced drag/friction and reduced fatigue. Examples of tech suits are included in Appendix A.

*Training Suit:* refers to any competitive swimsuit that is not a tech suit. For example, the OAK branded training suits.

*Championship Competition:* refers to a competition that is the focal point of a swim season or macrocycle (section) of a swim season as designated by the coach. These competitions tend to occur at or near the end of a macrocycle. Championship competitions may include, but are not limited to: Regional Championships, Provincial Championships, and National level meets.

*Regular Competition:* refers to all “non-Championship” competitions.

### **Philosophy:**

OAK’s intention is to provide the best opportunity for its swimmers to be successful both in the short and long term. We believe it’s important to guide our members on the appropriate introduction and use of tech suits in order to balance competitive success with the long term sustainability of our athletes. Our aim is to gradually introduce OAK athletes to age appropriate racing suits.

***OAK believes Tech suits are not necessary for younger swimmers.*** Tech suits can provide an advantage to competitive swimmers, however, this advantage is substantially minimized for younger, smaller athletes. Younger swimmers can perform just as well with a training suit as they can with a tech suit. It is far more important for younger swimmers to work on developing technique and skills, which have a much greater impact on performance than wearing a tech suit. Tech suits are very costly and result in unnecessary financial pressure on families. Tech suits may even hinder a swimmer’s development by masking technical flaws like improper kick or body position, which if left uncorrected, will result in a slower rate of improvement over the course of a swimmer’s career.

The same principles can be applied to swimmers who are still new to competitive swimming. Newer swimmers don’t yet have the technical skills necessary to gain the full benefits of wearing a tech suit. These swimmers would do well to master foundational skills before using tech suits for racing.



## **Swimsuit Guidelines:**

### **In Practice**

For all groups, swimmers are required to wear their OAK training suit for all practices, unless otherwise specified by the coach, for example, during a Fun Suit Practice. Fun Suit Practices are prescribed at the discretion of each OAK Coach.

### **In Competition**

#### **Groups: Mini Oaks, Dev1, Dev2, Dev3**

Swimmers are STRONGLY ENCOURAGED to wear a properly fitted OAK Training Suit or regular black training suit for all competitions. Tech Suits are NOT RECOMMENDED at this level.

Swimmers should have one suit that is designated for competition use only.

#### **Groups: YN, YP, YO**

**Championship Competitions:** Swimmers may wear a Tech Suit for their Championship Competitions. OAK recommends swimmers use an 'Intro Level Tech Suit' at this stage (see Appendix A).

**Non-Championship Competitions:** For all non-Championship competitions swimmers are STRONGLY ENCOURAGED to wear a properly fitted OAK Training Suit or regular black Training Suit for all competitions.

Swimmers should have one suit that is designated for competition use only.

#### **Groups: JN, JP, JR**

Swimmers may wear a Tech Suit for any Championship or Non-championship Competitions.

**Championship Competitions:** Tech suits are encouraged but not required for these meets. Swimmers should save their newly worn suits for these competitions.

**Non-Championship Competitions:** An older (not brand new) Tech Suit or properly fitted Training Suit is recommended for these competitions.



## **Groups: SN, SP, SR**

Swimmers may wear a Tech Suit for any Championship or Non-championship Competitions.

**Non-Championship Competitions:** An older (not brand new) Tech Suit or properly fitted Training Suit are recommended for these competitions.

**Championship Competitions:** Tech suits are STRONGLY ENCOURAGED but not required for these meets. Swimmers should save their newly worn suits for these competitions.

## **Swimwear Accommodations and Inclusion**

Accommodations are available for swimmers who choose to use swimwear in accordance with their religious or cultural practices. Please speak to your coach to learn more about these options.

### **Swimming Canada Rules**

The updated Canadian swimwear rules found in II. Swimming Rules 15. SWIMWEAR AND WEARABLES C15.2.2 exempts swimwear from compliance with World Aquatics Swimwear rules if the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance. This exemption can apply to a swimsuit that covers more of the body or for the use of a separate garment worn over or under a regular swimsuit.

### **Rule interpretation to promote inclusion**

To promote inclusion in Club/Regional/Provincial competitions, all swimmers are permitted to race with the swimwear of their choosing if the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance. It is not required to declare the use of such swimwear to the Referee.

**\*\*\*SEE APPENDIX A ON THE NEXT PAGE\*\*\***



## Appendix A

### Examples of Tech Suits

#### Intro Level Tech Suits

- TYR Thresher
- TYR Women's Aerofit Shortjohn
- TYR Women's Aerofit Swimsuit
- TYR Men's Jammer Swimsuit
- Speedo Aquablade
- Speedo Vanquisher
- Arena Powerskin ST Classic
- FINIS Fuse

#### Advanced Level Tech Suits

- FINIS Vapor Pro
- Speedo LZR Pro
- Arena Powerskin Carbon Duo
- Arena Powerskin Carbon Air
- TYR Venzo
- FINIS Rival 2.0
- Speedo Fastskin LZR Pure Valour
- Arena Powerskin Carbon Glide
- TYR Avictor 2.0
- FINIS Hydrox
- Speedo Fastskin LZR Pure Intent
- Arena Powerskin Carbon Core FX