



**NATIONAL FEDERATION
OF STATE HIGH SCHOOL
ASSOCIATIONS**

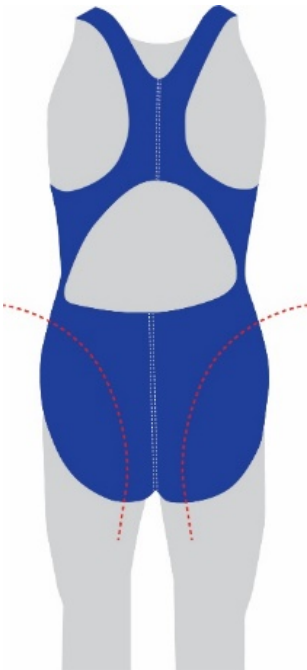


Swimming and Diving Suit Coverage Resources

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.

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



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

