



**NATIONAL FEDERATION
OF STATE HIGH SCHOOL
ASSOCIATIONS**



Swimming and Diving Suit Coverage Resources

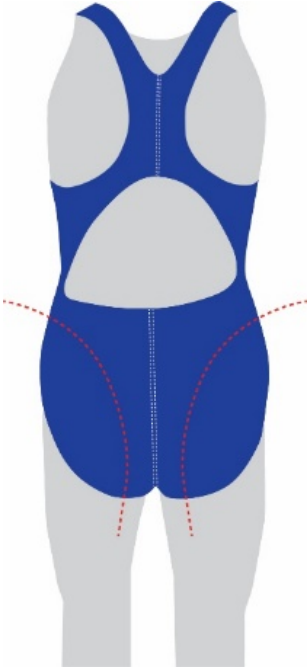
Pre-Meet Coach and Athlete Meetings

- 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)

