



Santa Barbara Swim Club...Established 1964

# Proper Care For Racing Suits

*SWIMWEAR DO'S AND DON'TS:*

## SWIMWEAR DO'S:

Before First Use Only: Soak swimwear in a mixture of vinegar and cool water for approx. 30 minutes. (1 tablespoon per 1 quart of water). This will slow down fading and keep TEAM colors vibrant longer.

- \* Rinse your swimsuit in cool water immediately after post race warm-down.
- \* Hand wash in cool water at the end of each race day. It is always best to use a swimsuit cleaner. It neutralizes chemicals that eat away at the material and extends the life of your new racing suit. Regular soap can not do this. If you don't have swimsuit cleaner, use a mild liquid soap (NO WOOLITE!). Rinse well.
- \* To squeeze out excess water, Roll swimsuit in a clean, lint, free, light-colored, fade resistant towel and squeeze.
- \* To remove a stain, work from the underside of the stain to push it out, not rub it in.
- \* If a swimsuit is spot cleaned, air dry the suit. Then, if the stain is not gone, you can treat it again.

## SWIMWEAR DON'TS:

- \* Your racing suit is just that, a racing suit. It is not a meet warm-up suit or a practice suit. If used exclusively for racing, you will get the maximum lifespan from the material.
- \* Do not sit on the pool edge without using a towel, shorts, or team sweat bottoms between the suit and the surface you are sitting on. Abrasiveness causes snagged bottoms.
- \* Do not rub the front of your suit along the inner edge of the pool. The Lycra filaments will snag causing them to break. Your suit will have that "pilled" look.
- \* Do not machine wash or dry. Do not bleach your swimsuit, iron it, wash it with whites or put in the dryer. Excessive dryer heat will destroy your swimsuit. Washing machines and detergents are too harsh and will lead to premature swimsuit breakdown.
- \* Do not rub your racing suit to dry it off. If you must dry it while wearing it, gently pat it dry with a clean dry towel being careful not to rub it.
- \* Do not use a commercial suit spinner to dry your racing suit. These are found in many swimming pool locker rooms.
- \* Do not leave rolled up in wet towels or in gym bag. Moisture left in your swimsuit for extended periods of time will lead to unwanted odor and swimsuit failure.
- \* Avoid oil base suntan lotion. Oils are harmful to swimwear and elastic and will stain some fabrics.
- \* Do not wear your new bathing suit in a hot tub or Jacuzzi. No swimsuit will hold up when used in hot tubs, Jacuzzis, or heavily chlorinated pools. Such as public or hotel/motel pools.

In the unlikely event of a manufacturers defect, each case will be handled on an individual basis as Coach John has direct contact with and is working closely with TYR, our apparel manufacturer to rectify any problems we encounter with our entire SBSC line of apparel. If this is the case: send an email directly to coach John at: [coachjohn@sbswim.net](mailto:coachjohn@sbswim.net) and he will reply asking for some specific information needed for submittal to TYR.