

Position Statement

February 2019

Guidance on the use of performance suits for younger swimmers

Swimming is a sport for everyone and it is Swimming Australia's intent to have it remain so by removing any barriers that may exist to participating in our sport.

It is important for swimming to remain an affordable and accessible sport for all young swimmers and their families.

Swimming Australia recommends that in competitions for swimmers 12yrs and under, technical or performance suits are not worn.

These high-tech racing suits were developed with much older, elite international swimmers in mind and there is no evidence suggesting young swimmers receive a performance advantage from wearing performance suits.

Instead, Swimming Australia advocates that a greater emphasis is placed on correct stroke technique and age-appropriate training for the holistic development of a young swimmer.