

# STA INCLUSIVE SWIMWEAR GUIDANCE



The STA Inclusive Swimwear Guidance looks to accommodate and support swimmers' individual needs and encourage participation and involvement in swimming. It is designed to support swimming facilities in permitting all swimmers to wear alternative or modified swimwear, guaranteeing no swimmer is excluded or discriminated against.

Lack of appropriate swimwear options are a key barrier to participation in swimming for many people in the community. For some swimmers the standard swimsuit options may not suit their individual needs and preferences. This may be attributed to a range of factors including but not limited to a swimmer's cultural or religious observations, impairment, hygiene needs, modesty, body image and cost.

With inclusion at the forefront of this guidance, STA hopes all swimmers will feel welcome, safe, valued and celebrated in swimming.

**BELOW ARE SOME EXAMPLES OF ACCEPTABLE SWIMWEAR:**



Swimmers and swimming facilities must ensure swimwear does not cover the face as this is a drowning risk and if a swimmer chooses a relaxed fitting swimsuit style, this must not be so loose as to cause a safety risk. This includes swimwear that prohibits the body from moving freely and/or swimwear that impedes buoyancy. An additional layer such as shorts, skirt or t-shirt may be worn over a swimsuit.

