



## List of Equipment needed per squad (Junior swimmers are 13&Under, Senior 14&Over)

Developmental squads/Junior swimmers - Bronze, Silver and Age Skills Squads  
Finis Triangle Kickboard, Junior pull buoy, long swimming fins

Advanced squads/Junior swimmers - Gold, Development and Performance Squads,  
Sprint Squad, Fit Swim  
Junior Kickboard, Junior pull buoy, ankle bands, long swimming fins, finger paddles,  
snorkel

Senior Swimmers - Elite, Sprint Squad, Fit Swim  
Senior Kickboard, Senior pull buoy, ankle bands, fins (as below), snorkel, finger  
paddles, hand paddles

A guide to equipment – all types of equipment and brands listed below are highly  
recommended and the preferred option.

### **FINS**

These are the most critical to get right. They need to be training fins for competitive  
swimming otherwise they can cause injury to either the wearer or others in the lane.

For Advanced Squads and Senior swimmers  
Strong kicker – Hydro Tech 2  
<https://www.hydrosportz.com/fins/>

Average kicker – Arena PowerFin:  
[https://www.arenawaterinstinct.com/en\\_uk/powerfin-pro.html](https://www.arenawaterinstinct.com/en_uk/powerfin-pro.html)

For Developmental squads and for weak kickers in higher squads - Finis Long Floating  
Fins:  
<https://www.proswimwear.co.uk/finis-long-floating-swim-fins.html>

### **KICKBOARD**

Finis Triangle Kickboard: <https://www.proswimwear.co.uk/finis-alignment-kickboard.html>

Suggested Junior or Senior Kickboard (you can select size JR or SR):  
<https://www.proswimwear.co.uk/finis-foam-kickboard-junior.html>

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### **PULL BUOY**

No specific brand recommendation for these, but the size should be appropriate for age (ie Junior and Senior). Junior pull buoys are usually half the size (length/thickness) of a Senior one.

### **SNORKEL**

Freestyle or diving snorkels should not be used.

Example Finis snorkel: <https://www.proswimwear.co.uk/finis-swimmers-snorkels.html>

### **HAND PADDLES**

TYR Catalyst 2: <https://www.simplyswim.com/products/tyr-catalyst-2-training-paddles> Yellow for Junior swimmers, Red for Senior swimmers

### **FINGER PADDLES**

Example model: <https://www.speedo.com/uk/en/biofuse-finger-paddle/873157.html>

### **ANKLE BANDS**

Decathlon: Ankle Bands [https://www.decathlon.co.uk/ankle-swimming-band-id\\_8219506.html](https://www.decathlon.co.uk/ankle-swimming-band-id_8219506.html)

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