

## EDMONTON KEYANO SWIM CLUB EQUIPMENT LIST

<b>BRONZE</b>	Goggles Keyano Swim Cap Kickboard Fins (short bladed) Mesh Bag Water Bottle	Online Store Provided at registration Provided at registration Online Store Online Store
<b>SILVER</b>	Goggles Keyano Swim Cap Kickboard Fins (short bladed) Mesh Bag Water Bottle	Online Store Provided at registration Provided at registration Online Store Online Store
<b>GOLD</b>	Goggles Keyano Swim Cap Kickboard Fins (short bladed) Pull Buoy Snorkel Paddles – Small ('Strokemaker' brand) Mesh Bag Water Bottle	Online Store Provided at registration Online Store Online Store Online Store Online Store Online Store Online Store
<b>JUNIOR PROVINCIAL</b>	Goggles Keyano Swim Cap Kickboard Fins (short bladed) Pull Buoy Snorkel Paddles – Small ('Strokemaker' brand) Mesh Bag Water Bottle	Online Store Provided at registration Online Store Online Store Online Store Online Store Online Store Online Store
<b>SENIOR PROVINCIAL</b>	Goggles Keyano Swim Cap Kickboard Fins (short bladed) Pull Buoy Snorkel Paddles – Small ('Strokemaker' brand) Mesh Bag Water Bottle	Online Store Provided at registration Online Store Online Store Online Store Online Store Online Store Online Store
<b>JUNIOR NATIONAL</b>	Goggles Keyano Swim Cap Kickboard Fins (short bladed) Pull Buoy	Online Store Provided at registration Online Store Online Store Online Store

	Snorkel Paddles – ‘Strokemaker’ brand Mesh Bag Water Bottle	Online Store Online Store Online Store
<b>SENIOR NATIONAL</b>	Goggles Keyano Swim Cap Kickboard Fins (short bladed) Pull Buoy Snorkel Paddles – ‘Strokemaker’ Brand Mesh Bag Tempo Trainer Water Bottle	Online Store Provided at registration Online Store Online Store Online Store Online Store Online Store Online Store Online Store

## NOTES ON EQUIPMENT

### Kickboards

- Kickboards are used as a support for the upper body when the swimmers isolate the kicking action of each stroke.
- For those purchasing a kickboard we would ask that the board be of size no more than a few inches longer than the swimmers forearms.

### Pull Buoy

- A pull buoy is a small flotation device which is held between the swimmers thighs. This allows the lower body to be artificially supported and provides a stable body position in the water in which the swimmers can work on the pulling action of the stroke.
- We ask that swimmers use a junior sized pull buoy until the swimmer is taller than an average high schooler or if their legs are larger and/or more muscled.
- The pull buoy we recommend is:



Speedo Junior Pull Buoy  
This can be purchased at the Office

### Paddles

- Are used as an added resistance device by swimmers. They are worn on the hands to increase surface area.
- The first Keyano group that is introduced to paddles is the Gold group.
- It is important to get the correct size paddles for the swimmer. There are many paddles on the market and most are only acceptable for swimming freestyle. This is why we STRONGLY recommend the purchase of the ‘**Strokemaker**’ paddles.



### **Fitting Guide**

When the swimmer places their hand on the paddle their should be approximately 2cm of paddle extending beyond the tips of the fingers

### **Mesh Bag**

Light weight, water proof bag that is used to carry pool equipment on deck



### **Fins**

Fins are used to provide additional support to the kicking action.  
We would ask you to purchase short bladed fins.



### **Snorkel**

Snorkels for swimming are different to regular ocean snorkels. The snorkel is front mounted and allows the swimmer to work on the correct body position whilst swimming.

