



AFFILIATED TO S.E.R.A.S.A., K.C.A.S.A., M.A.S.A.

[www.gnsc.co.uk](http://www.gnsc.co.uk)

## **Wearing of Club Hats**

While swimming in the learn to swim groups and lanes, it has been requested that swimmers wear GNSC hats. This is not a compulsory rule, it is a request. This is to get the children used to wearing a hat when swimming, to stop loose hair being a distraction and makes putting goggles on easier.

Swimmers that are in the Squad training lanes, must wear a hat – of the prescribed colour for their lane:

White – rookies  
Green – bronze  
Blue – silver  
Red – gold  
Silver – top squads

When competing for the Club, all swimmers are required to wear a black GNSC hat.

All hats are usually available from the Club shop on Monday and Friday evenings.

Should you be unclear, please contact any member of the Committee and they will be happy to explain.