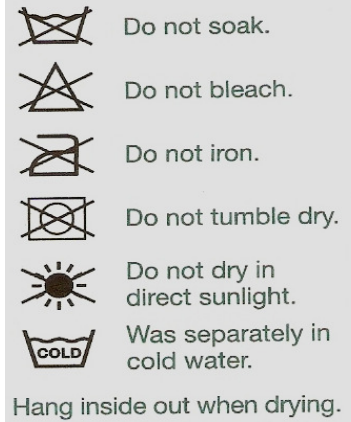


DO'S AND DONT'S

Please take note of the following:-

SPORT SHIRTS AND TRACKSUITS:

Please follow washing instructions as red or blue tends to run into white if washed in warm water.



SWIMMING COSTUMES:

Lycra is a very delicate fabric and needs to be treated with care in order to extend the lifespan of the costume

Rinse your costume in fresh COLD tap water as soon as possible after your swimming session so as to reduce the levels of chemicals in the fabric. Damage occurs due to the combination of sweat and pool chemicals (whether salt OR chlorine) - believe it or not - you sweat when you swim

- Do not leave your chlorine-soaked costume rolled up in a towel for hours.
- Do not leave your costume soaking for hours as even tap water contains a certain percentage of chlorine.
- Do not put your costume in the washing machine - it is not dirty and house hold detergents damage the Lycra which in turn causes rapid 'breakdown' of the fabric.
- Do not rinse your costume in water containing detergent or softener as this hastens the 'breakdown' of the Lycra filaments.
- Do not hang your costume in the sun - UV rays will cause damage - hang it up indoors.
- Do not allow sun protection cream to come into contact with the costume fabric.
Discoloration and elastane breakdown occurs due to the various chemicals contained in the sunscreen.

SWIMMING CAPS:

Correct way to put swimming cap on



TROLLEY BAG:

Correct way to lift Trolley Bag

TROLLEY BAGS: Please do not lift the bag with the handle extended as too much weight is placed on the mechanism. Handle must be retracted when the bag is lifted into the car etc. The supplier will not take responsibility for repairs or replacement of trolley bags incorrectly handled.