

PUTTING ON A WETSUIT: STEP BY STEP TIPS

Use steady and firm force, no pinching, overstretching, or pulling on the seams. It will be much easier to put a suit on in a cool, dry place and if you are not sweaty. Suits go on better dry and come off better wet.

- Talcum or baby powder on the calves and forearms helps with this
- Wear lycra fitness or tri shorts and exercise bra or tri tank
- Plastic grocery bags on your feet and calfs will allow the suit to slide up easily. (Take them off before you swim)
- Take your time and relax. If you are fitting in a shop, call the ahead of time and reserve 20 minutes with a knowledgeable salesperson. If you're at an outdoor expo, definitely do not be in a hurry.

Putting on the wetsuit

1. Smooth rubber on the outside, fabric on the inside, zipper in the back. **Do not use your nails to grip the suit.** (see plastic bags on feet tip above).
2. Pull the suit over feet and ankles to just below your calves. Work legs up gradually over knees, thighs, and hips, front and back. Get some help to pull the suit up in the back, and work the wrinkles up from behind knees, hamstrings and rear.
3. Pull the crotch up as far as it will go to insure a proper fit in torso, neck, shoulders, and sleeves, but do not tug on inner thighs. Instead, work it up from the calves and knees.
4. Put a plastic bag on one hand, slide suit on and pull up 3" above wrist bone. Take bag off and adjust sleeve up into armpit and over shoulder, making sure it is aligned correctly. Repeat with other arm.
5. Adjust suit front and back, pull up to eliminate big folds in crotch, stomach, low back, and elbows. Make sure it is pulled all the way up in back so that it doesn't pull against the front of your throat. Always work gradually from bottom to top.
6. Pull inner zipper flap flat against back, zip up suit, and make sure flap doesn't stick in zipper. You may need assistance with this step.
7. Stretch outer zip flap across and fasten, make sure the Velcro doesn't rub your neck on the side or back. Ask someone to help, whether you're in a shop, at the race, or at the beach or pool.
8. Position zipper pull cord for easy transition, and recheck sleeves, neck, torso, and legs.
9. The suit should fit snugly, should not feel restrictive in chest, shoulders, or arms. It'll feel just right in the swimming position in the water. If it's baggy or pajama-comfy, it's too big.

Taking off the wetsuit

10. To take off, unzip and roll down and off one sleeve at a time. Roll suit down inside out over torso, like you are peeling a banana.
12. On legs, continue to peel down inside out, Do not push down and bunch it up over calves.
13. Step out one leg at a time. If necessary, you can use your hands to slide suit over feet and heels.
14. All of these things take practice. Be sure to put on and take off your suit a few times before your race