

## SPORTS FOOTWEAR

**Trainers or gym shoes** with non marking soles

- For use in the Sports Hall, on the Astro Turf Pitch (ATP) and summer sports.



Please no expensive fashion trainers. All trainers must have adequate support.

**Boots with moulded sole or screw-in studs**

- For students playing football and rugby (football boots are suitable for both rugby and football).



Screw-in studs must comply with British Standards for safety. No studs are permitted on the Astro Turf Pitch (ATP).

## SWIMMING

**Swimwear options include:** *(must be all black)*

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- **Swimming costume\***
  - **Swimming trunks\***
  - **Swimming shorts\***
  - **Burkini\***
  - **Triathlon suit\***
  - **Lycra leggings\***
  - **Short and long-sleeved close-fitting t-shirts\***
  - **Swim dress\***



**Swim cap** in House colours

- Each child will be given one on entry to RGS, any more should be purchased from School. Soulcap option also available.



**Goggles\***

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**Towel\***

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\*does not have to be bought from Kitlocker or have RGS branding