

FNR RACE SUIT PROTOCOL

How to Wear Your Race Suit:

Race suits are for racing only. Put them on before your race and then put another top and bottom layer over top to protect your suit (and for warmth).

You may **NOT** wear them for:

- Practice/training sessions (unless specified by a coach - this is VERY rare)
- Playing in the snow
- Cuddling your pets
- Around your house
- Anywhere other than the race course (and pre-race warm-up zone).
- Immediately after your race and cool-down, take your race suit off (see below)
- We recommend that you wear another 'modest' layer underneath your suit, such as tights, longer underwear, bike shorts/compression shorts. Choose something appropriate for the weather conditions and the length/type of race
- Boys, you may want to consider wearing wind briefs
- Girls, be cautious if wearing brightly printed underwear (have someone check to make sure you can't see them through your pants!)

How To Take Care of Your Race Suit:

- Immediately after you finish your race and cool down, find the bathroom or somewhere that you can change. Take your race suit off and turn it inside out. Put it in a plastic bag inside your race duffle bag.
- Race suits **MUST NOT** touch Velcro!! The scratchy side of the Velcro will snag the suit fabric and fuzz it up and make it look horrible.
- Always keep your suit inside out & in a plastic bag when you aren't wearing it (after it has been washed and fully dried - see next page).
- If you have a full race weekend, make sure to dry out your suit each evening after your race. Hang it up over a chair or in the bathroom of your accommodation. Make sure it is inside out so nothing snags it.
- Be as careful as you can with wrist pole straps and when having to wear a timing chip around your ankle. The velcro does a number on the material!

- Avoid making contact with sticky Klister wax (and grip wax in general). It is dreadful to remove!
- If provided a leg sticker at a race, REMOVE IT IMMEDIATELY when your race is done. The glue from this sticker is VERY difficult to remove from the suits if left attached long after your race is done!

How to Wash Your Race Suit:

- If needed (because it's stinky), please wash the race suits as soon as you can after the race/event. Perspiration will start to break down the fibres the longer it is left unwashed.
- Wash the suits inside out with the zipper done up, inside a mesh lingerie bag or even tied inside a pillowcase to protect them from other things in the washer.
- Use liquid soap (not powdered detergent) and cold water with a cold rinse. Do not use hot water. Heat damages the elasticity of the fabric.
- Do not wash them with towels, fluffy sweaters or anything that has Velcro, open zippers or anything scratchy.
- Do not wash them with denim or any brightly dyed fabrics (The nylon suits will pick up colours from other garments)
- Hang the suits to dry inside out. Do not put them in the dryer. Heat damages the elasticity of the fabric.
- Once the suit is clean and dry, pack it back in its plastic bag and put it in your race duffle bag so it's ready for your next race.

About The Race Suits:

- The suits belong to the Fernie Nordic Racers. They are NOT yours to keep. They are for you to wear for the winter season (races only) and must be returned in immaculate condition after your last race of the season (by the end of March).
- The suits are very expensive and you must treat them with care. We are trying to make them last for many years so that future Nordic Racers may wear them.
- If you damage your suit throughout the season because of improper care or carelessness, you will be required to purchase it at a cost (>\$320). It's a huge hassle to order a new one, so let's avoid this :).