

TAKING CARE OF NATURAL HAIR WHILE SWIMMING

HOW TO PUT ON A SWIM CAP

Wearing a swim cap helps keep your hair out of your eyes and face. Take care of your hair while you're in the water by wearing a swim cap. Although it doesn't keep your hair completely dry, it creates a barrier between your hair and the pool water.

Ask a coach, swim instructor, or friend to help you put your cap on by following these tips:

1



Start with having your hair in a protective style like braids or twists.

2



Pinch the swim cap between your fingers and hold one end of it firmly against your forehead. Have your helper grab the other end of the cap.

3



While holding the cap against your forehead, have your helper stretch the other end of the cap past your hairline and to the nape of your neck.

4



Use your fingers to adjust the cap until it feels comfortable. The edge of the cap should sit at the top of your forehead.

