

In swimming, there are many key components that impact the speed of a swimmer such as the swimming suit, if they shave their arms and legs, how they swim, or their technique, but especially, the swimming cap that swimmers wear. How swimming caps affect the speed of swimmers is the question that will be answered based on research from multiple websites that will be mentioned throughout the essay and can help determine the variables that influence a swimmer's proficiency in swimming caps. In this essay, there will be three research questions that support the second sentence and on the account of this, the first point is the difference between swimming in the ocean and swimming in the pool or how swimming in the ocean is different from swimming in the pool. Another point is for swimmers with long hair, if wearing a swim cap improves their speed or not. Lastly, the third point is that different types of caps either reduce dragging or increase compression. Overall, how swimming caps impact the speed of swimmers is the topic of this essay that will be supported with research.

The difference between swimming in the ocean, especially in salty water and swimming in the pool with chlorine is an important aspect when it comes to answering the question. The differences between those two types of water are drastic from each other and knowing their differences can show how swimmers are impacted by their conditions. According to the website, <https://livehealthy.chron.com/swimming-pool-vs-ocean-fitness-2737.html>, oceans have saltwater that creates the ability to float, or buoyancy, when a person swims, which increases the swimmer's speed in the water as well as the hygiene of oceans, which is not as serious as swimming pools from water circulation, which is when water rises or floats, but illnesses can be gained from drinking too much sea water or from sea life that is invisible to the human eye. This means that swimmers can float easily and swim in clean water. Altogether, from this one detail, it says that swimming in the ocean can be slightly better in hygiene, it can form buoyancy using saltwater that causes the swimmer's speed to increase.

In order to answer the question, another crucial point is that either wearing a swimming cap or not can benefit and increase the speed of a swimmer, especially if a swimmer has long hair. How this is relevant to the topic is by seeing if a swim cap can increase the rate of a swimmer that leads to the topic, which asks how swim caps improve speed, so they have a relationship between those two statements. The quote that is stated in the website, <https://swimmerpro.com/useful-swim-cap-guide/>, is the sentence "A swim cap reduces the weight of the hair while keeping it out of the face and mouth, leading to a more efficient stroke." The quote shows that without a swim cap, a swimmer's hair would be heavy and it would interfere with the face and mouth, but wearing a cap can solve those problems, which cause the swimmer to make better strokes through the water. In conclusion, swimmers can wear caps to prevent hair from distracting them and decreasing the mass of the hair that causes them to enhance their skill in swimming.

Different types of caps that can either increase compression, or reduce dragging are essential when swimmers show their performance through strokes, floating in the water, and many other methods. The material of the caps can impact on their ability to be pressed together in an intensifying way or increasing compression, and reduce drag, or lowering resistance to moving and pulling with force through the water and it can affect the response to the topic question since the type of a cap can influence the speed of a swimmer. One detail that is in accordance to the website, <https://www.yourswimlog.com/why-you-should-wear-a-swim-cap/>, is that wearing a silicone cap reduced drag and increased compression compared to a lycra cap and that having wrinkles in a cap can cause drag, as well as that when a silicone cap was pulled over a head without wrinkles, it created 4.4% less drag in speed. This shows that caps can have drag, if they have wrinkles on them and silicone caps don't have wrinkles, so they don't produce drag. In conclusion, a certain type of cap that is made of silicone can increase compression and decrease drag in hair and wrinkles in caps can cause an exceptional amount of drag.

How swimming caps affect the speed of swimmers is the question that is answered through important research with details for each of the three points discussed. In the first point, the buoyancy of ocean water with salt can help a swimmer float and the cleanliness of this type of environment is slightly better than in a pool since swimmers can get illnesses from drinking a large quantity of ocean water and from sea life that isn't visible to humans. In the second point, swimming caps do improve proficiency and performance in swimmers since their hair does not need to distract their face and mouth and the caps can make their hair less dense. In the third point, a silicone cap can increase compression and decrease drag, but not a lycra cap, and wrinkles in a cap can impact drag. In closing, the question is answered using the three points that are supported with evidence and they determine the principles needed to construct a response for in what ways, how swim caps affect the speed of swimmers.

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