

SPFHS RAIDERS

CROSS COUNTRY ▪ TRACK & FIELD

UNIFORM CARE INFORMATION

- Before washing your uniform, it is imperative that you remove any and all safety pins from it. Many safety pins will leave rust stains on your uniform if you leave them in.
- Be sure to remove any hip numbers from your uniform immediately after each event in every meet. The adhesive on hip numbers is very strong, and does not come off of uniforms very easily. If a uniform with a hip number on it is washed and dried, it is nearly impossible to get the dried adhesive off without ruining the uniform.
- For obvious reasons, do not use chlorine bleach on your uniform.
- If your uniform is brand new and has never been worn before, the manufacturer's recommendation is to wash it twice before wearing.
- Wash your uniform in cold water only. If washed in warm or hot water, the colors will bleed and run and the white parts of your uniform will turn light blue or some other unknown color.
- Do not soak or wash your uniform in a sink or bucket. This will also cause the colors to bleed and run. Machine wash only, with no extended soaking periods.
- Only wash your uniform with like colors. To ensure that the white parts of your uniform stay white, a product such as Woolite Dye Magnet or Shout Color Catcher can be used.
- Promptly remove your uniform from the washing machine after washing.
- Your uniform will stay new longest if it is air-dried. Since your uniform is made of performance fabric, it will dry quickly if hung on a drying rack. It will dry even more quickly if placed in front of a dehumidifier. If you must put it in your dryer, use only a low-heat setting. Putting your uniform in the dryer tends to make the elastic break down more quickly. Do not hang your uniform to dry on a metal hanger.
- Wash your uniform as soon as possible after each and every meet. If you leave a balled-up, sweaty, muddy, or otherwise wet uniform in your bag or hamper, it may become infested with mildew. The only way to get rid of mildew is with chlorine bleach, and you cannot bleach a blue uniform.
- Do not iron your uniform. Fold your uniform after washing and put it in a dresser drawer and it will not wrinkle.
- Do not dry clean your uniform. The solvents used in the dry cleaning process will damage your uniform. Again, machine-wash only.
- If your uniform is lost, stolen, or damaged, you will be responsible for the cost of replacement.