

Care Instructions

Continuous | Queensland, Australia | Last updated 1 July 2026

Overview

These care instructions are for the Continuous Contour Rowing Unisuit and future Continuous rowing unisuits unless a garment label says otherwise. Always follow the care label on the garment first.

General care

- Cold machine wash or gentle wash as directed on the care label.
- Wash with similar colours.
- Wash inside out where possible.
- Do not bleach.
- Do not tumble dry unless the care label specifically allows it.
- Air dry in shade where possible.
- Do not iron printed areas, logos, silicone grippers or heat-applied details.
- Do not dry clean unless the care label specifically allows it.

Silicone leg grippers

Avoid high heat and harsh chemicals on silicone leg grippers. Do not iron over gripper areas.

After training or racing

Rinse or wash after heavy use, sweat, sunscreen or river exposure. Do not leave the garment wet in a bag for long periods.

Damage from incorrect care

Damage caused by incorrect washing, high heat, bleach, heavy abrasion or misuse may not be considered a product fault.

This document is a practical business template for Continuous and is not legal advice. Policies should be reviewed as the business grows or if sales methods change.