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(54) SWIMMING CAPS

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(30)Foreign Application Priority Data

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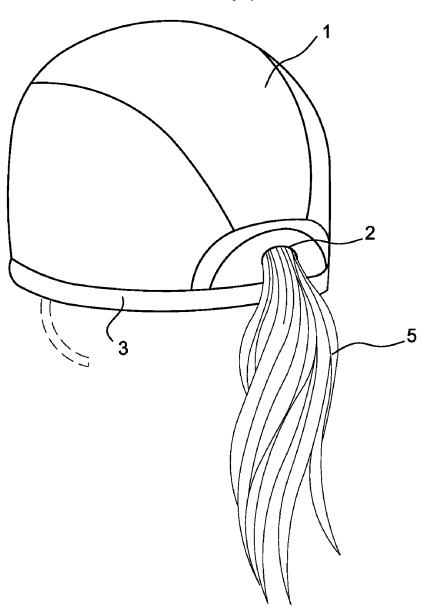
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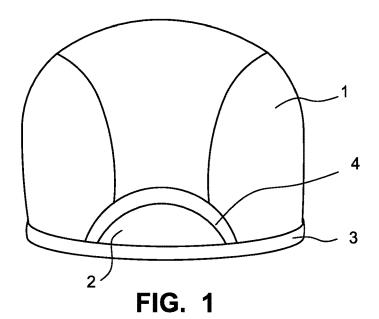
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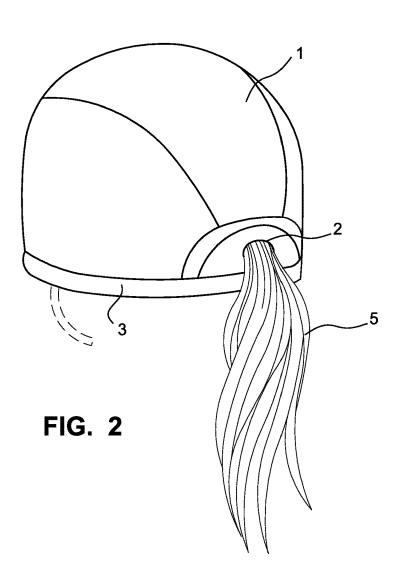
(52) U.S. Cl. CPC A42B 1/12 (2013.01); A63B 33/00

(57) ABSTRACT

A swimming cap made of a synthetic rubber and sized to substantially cover the scalp of a wearer's head, the cap having an opening formed in a posterior region thereof such that the wearer's hair can pass through the opening to form a ponytail.







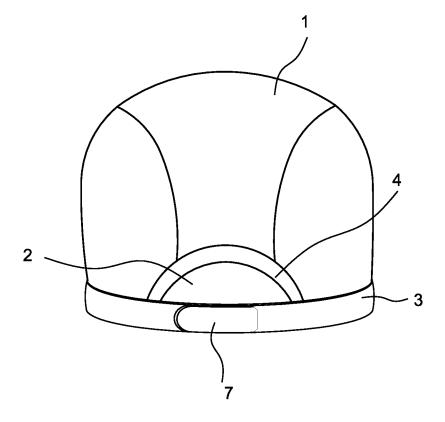
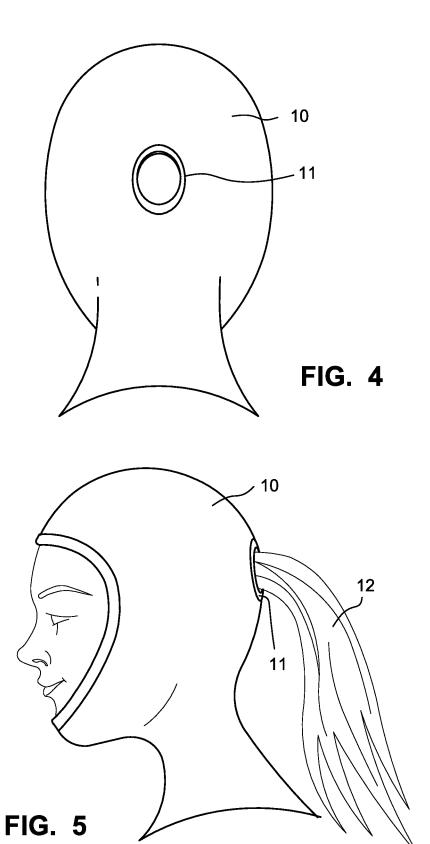


FIG. 3



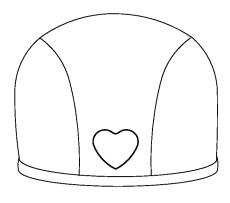


FIG. 6A

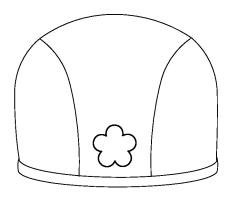


FIG. 6B

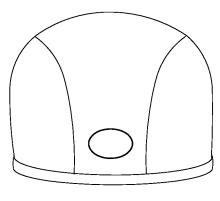


FIG. 6C

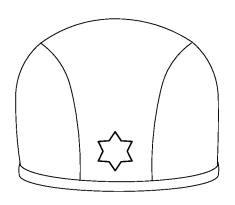


FIG. 6D

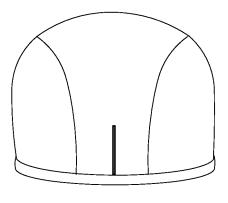


FIG. 6E

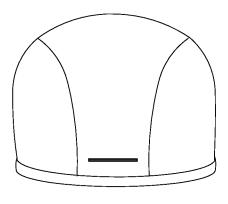
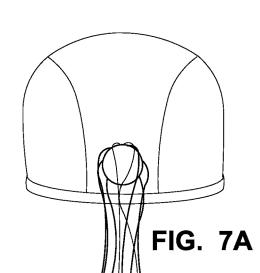


FIG. 6F



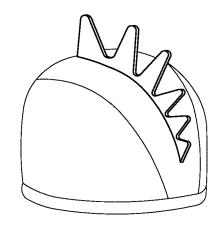


FIG. 7B

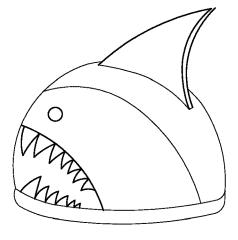


FIG. 7C

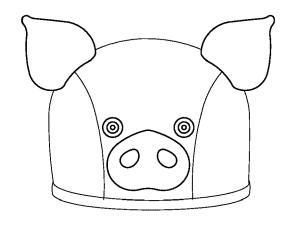


FIG. 7D

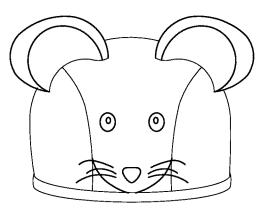


FIG. 7E

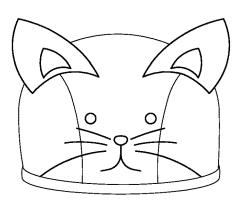


FIG. 7F

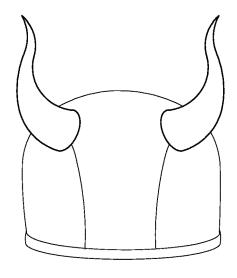


FIG. 7G

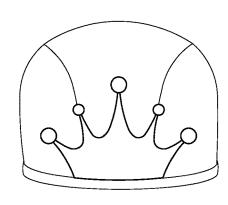


FIG. 7H

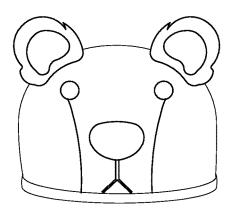


FIG. 71

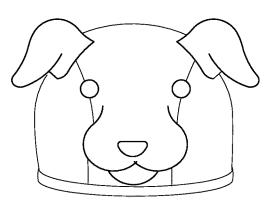


FIG. 7J

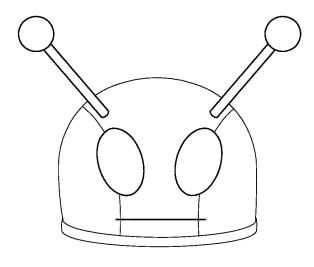


FIG. 7K

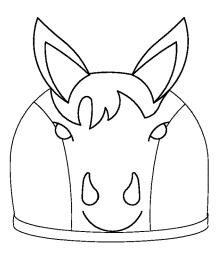


FIG. 7L

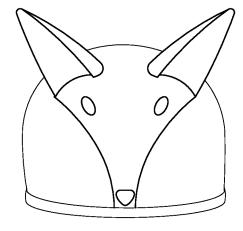


FIG. 7M

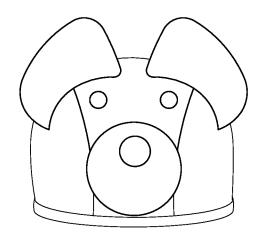


FIG. 7N

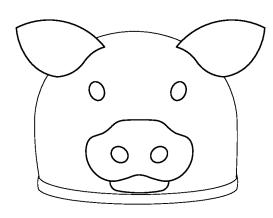
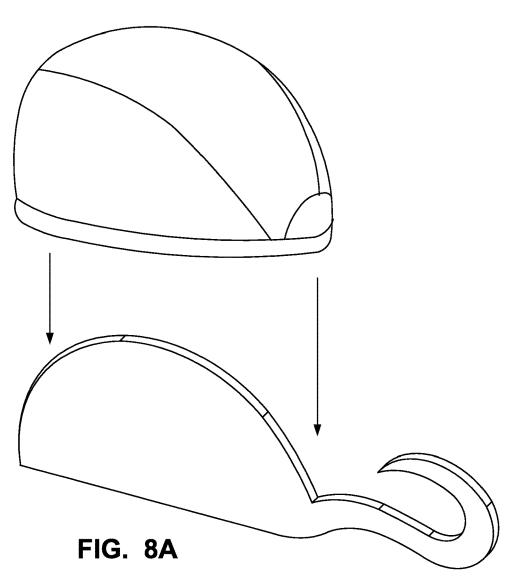
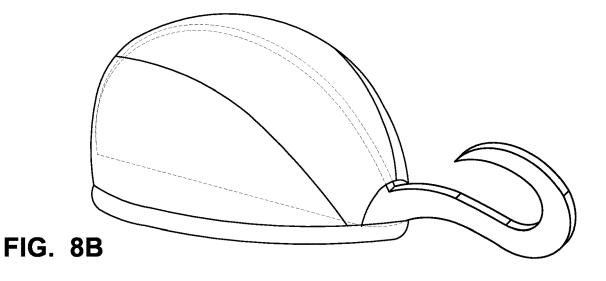


FIG. 70





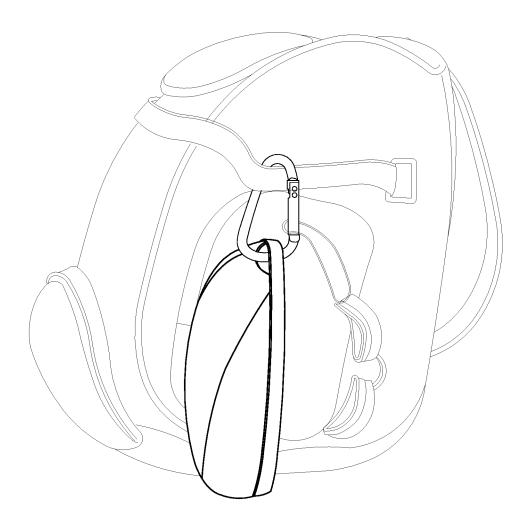


FIG. 9

SWIMMING CAPS

CROSS-REFERENCE TO RELATED APPLICATIONS

[0001] This is a continuation-in-part of U.S. patent application Ser. No. 14/407,536 filed Dec. 12, 2014, now U.S. Pat. No. ______; which claims priority from PCT/GB2013/000260 filed Jun. 13, 2013, which claims priority from GB1210543.3 filed 14 Jun. 2012. Each of these prior applications is incorporated herein by reference in its entirety and for all purposes.

FIELD

[0002] The technology herein relates to swimming caps, and more particularly to swimming caps designed to form and/or accommodate ponytails.

BACKGROUND & SUMMARY

[0003] Swimming or bathing caps are commonly used by swimmers to both keep their hair out of their eyes while swimming and to keep their hair dry. Known caps are generally better at the former than at the latter, especially in the case of young children who will generally be able, one way or another, to get their hair wet.

[0004] Swimming caps are usually made of a plastic or other stretchable material having elastic properties such that the caps form a tight fit around the swimmer's head. Suitable materials include for example nylon-spandex blends, silicone, polyester, Neoprene and Latex.

[0005] Commercially available swimming caps tend to be utilitarian in design. They serve the purpose of covering the head and are very limited in terms of their design and aesthetic appearance. Manufacturers tend to differentiate their caps merely by color and printed design. Of course, several variations of this generic swimming cap have been proposed and manufactured. For example, caps have been made which provide an internal pocket or space for accommodating longer hair. Such designs are not however aesthetically pleasing and do not appeal to a mass market. Another design, aimed primarily at keeping a swimmer's hair out of his or her eyes, has the appearance of a head band, or bandana, covering only the periphery of the swimmer's head. This design suffers from the disadvantage that it is difficult to keep in place, and will tend to slip in use, potentially covering the swimmer's eyes or otherwise becoming uncomfortable to wear.

[0006] Silicone and latex caps, designed to reduce drag and improve racing times, can be uncomfortably tight, difficult to put on, and are prone to falling off during swimming.

[0007] Existing spandex-lycra swimming caps, which are in contrast easy to take on and off, can result in unsightly and cumbersome bumps when hair is tucked in. These bumps may interfere with the straps of swimming goggles.

BRIEF DESCRIPTION OF THE DRAWINGS

[0008] FIG. 1 is a rear view of a swimming cap.

[0009] FIG. 2 is a side view of the cap of FIG. 1 with a ponytail shown projecting through the cap.

[0010] FIG. 3 is a rear view of an alternative embodiment of a swimming cap with an adjustable strap.

[0011] FIG. 4 shows another embodiment of a swim/scuba hood.

[0012] FIG. 5 shows the FIG. 4 embodiment of a swim/scuba hood being worn with a ponytail shown projecting through the cap.

[0013] FIGS. 6A-6F show different hole configurations for the FIG. 1 embodiment, in particular:

[0014] FIG. 6A shows a single or multi-panel swim cap with or without a chin strap or adjustable headband with a reinforced posterior hole in the shape of a heart for a ponytail pull-through.

[0015] FIG. 6B shows a single or multi-panel swim cap with or without a chin strap or adjustable headband with a reinforced posterior hole in the shape of a flower for a ponytail pull-through.

[0016] FIG. 6C shows a single or multi-panel swim cap with or without a chin strap or adjustable headband with a reinforced posterior hole in the shape of an oval for a ponytail pull-through.

[0017] FIG. 6D shows a single or multi-panel swim cap with or without a chin strap or adjustable headband with a reinforced posterior hole in the shape of a star for a ponytail pull-through.

[0018] FIG. 6E shows a single or multi-panel swim cap with or without a chin strap or adjustable headband with a reinforced posterior hole in the shape of a vertical rectangle for a ponytail pull-through.

[0019] FIG. 6F shows a single or multi-panel swim cap with or without a chin strap or adjustable headband with a reinforced posterior opening in the shape of a horizontal rectangle for a ponytail pull-through.

[0020] FIGS. 7A-7O show further embodiments of a swim cap including non-conformal projections portraying parts of animals or other characters.

[0021] FIGS. 8A-8B show a cardboard or plastic packaging insert (shaped like a half moon and curled ponytail) used to display/hang a swim cap

[0022] FIG. 9 shows a swim cap and a pair of googles hooked onto a carabiner and stored and dried on a backpack

DETAILED DESCRIPTION OF NON-LIMITING EMBODIMENTS

[0023] The technology herein improves upon known swimming caps and in particular provides a swimming cap which is both functional and attractive.

[0024] One embodiment herein provides a swimming cap made of a synthetic rubber and sized to substantially cover the scalp of a wearer's head, the cap having an opening formed in a posterior region thereof such that the wearer's hair can pass through the opening to form a ponytail.

[0025] Particularly for swimmers with long hair, putting on and wearing a conventional swimming cap is difficult and uncomfortable. This can be particularly so for young children who are not very tolerant of having their hair twisted and pulled, and for lap swimmers who want to reduce cranial pressure caused by tight fitting caps. An improved swimming cap is proposed here which aims to solve these problems. This cap may be made of a conventional synthetic rubber, for example nylon, Latex, silicone, spandex-nylon blends, Lycra®, Neoprene (polychloroprene), silicone rubber etc, but is provided with a hole at the back of the cap. The hole is sized and located such that a swimmer can pass his or her hair through the hole so that a "ponytail" hangs out of the back of the cap. The remainder of the swimmer's head and hair remains covered by the cap. As well as being attractive, and offering an alternative to the existing generic swimming caps, the proposed design is extremely easy to put on as a swimmer pulls the cap over their head then reaches back to thread their gathered hair/ponytail through the posterior hole. The swimmer's hair does not get bunched up under the cap in this process.

[0026] FIG. 1 illustrates a swimming cap having this design. The cap is indicated by reference numeral 1, while the hole formed in the back of the cap is indicated by reference numeral 2. As with conventional caps, the outer periphery 3 of the cap is elasticized so as to form a tighter fit, to the swimmer's head, around the outer periphery. FIG. 2 in turn illustrates the cap 1 with a ponytail 5 projecting through the hole 2.

[0027] FIGS. 1 and 2 both illustrate an advantageous feature of the proposed design. This comprises an elasticized band 4 provided around the circumference of the opening in the cap 1. This feature will tend to pull the cap tight around the projecting ponytail, reducing the possibility for water to leak through the hole 2 and into the underside of the cap.

[0028] This band 4 may be formed in a number of ways. For example, it could be an integral part of the cap, formed during the molding of the cap such that the region around the opening tends to pull together around the opening. Alternatively, an elasticated band may be sewn, glued, or otherwise fixed around the opening, e.g. with a seam. Such a feature is known as "ruching". Rounded and or flat elastics may also be incorporated into the opening along with safety stitching.

[0029] FIG. 3 illustrates a modified swimming cap design. In this design, the cap 5 is again provided with a hole 2. Provided in the region 7 beneath the opening 2 is an adjustment strap 8. This strap can be adjusted to vary the tightness of the bottom of the cap around the swimmer's head. The strap may comprise a Velcro® fastener 8 for easy use. Of course, other fasteners may be contemplated including buckles, press fasteners, soft snaps etc.

[0030] FIGS. 4 and 5 illustrate an alternative cap such as might be used for diving or snorkeling. The cap 10 is an all-over cap in so far as it covers the head and neck of the wearer, with a space at the front to allow the wearer's face to show. Again, a hole 11 is provided at the back of the cap to allow the wearer's hair to be pulled through the hole, forming a ponytail 12.

[0031] Thus, in summary, in the above description FIG. 1 shows a single or multi-panel swim cap with a reinforced posterior hole for a ponytail pull-through; FIG. 2 shows single or multi-panel swim cap with a reinforced posterior hole for a ponytail pull-through and an adjustable chin strap; FIG. 3 shows a single or multi-panel swim cap with a reinforced posterior hole for a ponytail pull-through and an adjustable headband; FIG. 4 shows pullover surfing hoodie with a reinforced posterior hole for a ponytail pull-through; and FIG. 5 is side view of a pullover surfing hoodie with a reinforced posterior hole for a ponytail pull-through. In these Figures, hair on the scalp is pulled through the hole and thus passes through the hole from an interior space within the cap to an exterior space outside of the cap. Because the ponytail passes through the hole into the exterior area outside the swimcap, the hair of the ponytail is in contact with the water when the wearer is in the water and is exposed to the sun and other elements when the wearer is not in the water.

[0032] The hole may be of any desired shape such as shown in FIGS. 6A-6F including a horizontal or vertical slit, a circular hole, a heart-shaped hole or any other shape of

hole. The size (circumference, radius, length, etc.) of the hole may depend on how much hair the wearer has since the length and size of the ponytail depends on the amount and length of the wearer's hair.

[0033] The hole forms the hair into a ponytail without requiring any other forming structure such as a hair tie, an elastic band or other band. The hole may be reinforced with elastic to bunch the hair but need not be as the swim cap itself may be sufficiently stretchy/elastic to bind, bunch or collect the hair passing through the hole into a ponytail.

[0034] To put on the cap, the wearer pulls the cap onto their head/scalp to form a tight conformal fit and reaches back to thread their hair out through the posterior hole. The position at which the hair is bunched by the hole is quite close to the scalp, allowing the extended part of the ponytail to expand freely in the water.

[0035] FIGS. 7A-7O show other swim cap embodiments such as the following:

[0036] FIG. 7A: A single or multi-panel swim cap with or without a chin strap or adjustable headband with a reinforced posterior hole for a ponytail pull-through with faux hair attached to its perimeter by sewing, weaving or surging. [0037] FIG. 7B: A single or multi-panel cap with or without a chin strap or adjustable headband with ridges shaped and cut to resemble those of a lizard or dinosaur and made of the same fabric (lycra, neoprene, etc) of the molded cap sewn and/or surged onto the top of the cap and a reinforced posterior hole for a ponytail pull-through.

[0038] FIG. 7C: A single or multi-panel swim cap with or without a chin strap or adjustable headband with the mouth, nose and eyes and gills of a shark heat pressed or otherwise imprinted, embroidered, sewn or appliqued on the anterior; a dorsal fin, made of the same material as the molded cap (lycra, neoprene, etc) shaped and cut to resemble the dorsal fin of an actual shark then sewn and/or surged onto the top of the cap; and a reinforced posterior hole for a ponytail pull-through.

[0039] FIG. 7D: A single or multi-panel swim cap with or without a chin strap or adjustable headband with the mouth, nose and eyes of a pig heat pressed or otherwise imprinted, embroidered, sewn or appliqued on the anterior; curved ears made of the same material as the molded cap (lycra, neoprene, etc) that are shaped and cut to resemble those of an actual pig then sewn and/or surged onto the top or sides of the cap with a reinforced posterior hole for a ponytail pull-through.

[0040] FIG. 7E: A single or multi-panel swim cap with or without a chin strap or adjustable headband with the mouth, nose whiskers and eyes of a mouse heat pressed or otherwise imprinted, embroidered, sewn or appliqued on the anterior; circular or rounded ears made of the same material as the molded cap (lycra, neoprene, etc) that are shaped and cut to resemble those of an actual mouse then sewn and/or surged onto the top or sides of the cap with a reinforced posterior hole for a ponytail pull-through.

[0041] FIG. 7F: A single or multi-panel swim cap with or without a chin strap or adjustable headband with the mouth, nose and eyes and whiskers of a cat heat pressed or otherwise imprinted, embroidered, sewn or appliqued on the anterior; pointy ears made of the same material as the molded cap (lycra, neoprene, etc) that are shaped and cut to resemble those of an actual cat then sewn and/or surged onto the top or sides of the cap with a reinforced posterior hole for a ponytail pull-through.

[0042] FIG. 7G: A single or multi-panel swim cap with or without a chin strap or adjustable headband with devil horns made of the same material as the molded cap (lycra, neoprene, etc) that are shaped and cut to resemble the horns of a devil or viking then sewn and/or surged onto the top or sides of the cap with a reinforced posterior hole for a ponytail pull-through.

[0043] FIG. 7H: A single or multi-panel swim cap with or without a chin strap or adjustable headband with a crown heat pressed or otherwise imprinted, embroidered, sewn or appliqued on the anterior made of the same material as the molded cap (lycra, neoprene, etc) shaped and cut to resemble an actual crown with a reinforced posterior hole for a ponytail pull-through. Can be combined with rainbow faux hair or a specialty shape hole (i.e. heart, flower or bedazzled).

[0044] FIG. 7I: A single or multi-panel swim cap with or without a chin strap or adjustable headband with the mouth, nose and eyes of a bear heat pressed or otherwise imprinted, embroidered, sewn or appliqued on the anterior; circular or rounded ears made of the same material as the molded cap (lycra, neoprene, etc) that are shaped and cut to resemble those of an actual bear then sewn and/or surged onto the top or sides of the cap with a reinforced posterior hole for a ponytail pull-through.

[0045] FIG. 7J: A single or multi-panel swim cap with or without a chin strap or adjustable headband with the mouth, nose and eyes of a puppy heat pressed or otherwise imprinted, embroidered, sewn or appliqued on the anterior; floppy ears made of the same material as the molded cap (lycra, neoprene, etc) that are shaped and cut to resemble those of an actual puppy then sewn and/or surged onto the top or sides of the cap with a reinforced posterior hole for a ponytail pull-through.

[0046] FIG. 7K: A single or multi-panel swim cap with or without a chin strap or adjustable headband with the mouth, nose and eyes of a martian heat pressed or otherwise imprinted, embroidered, sewn or appliqued on the anterior; antennae (or alternatively ossicones of a giraffe) made of the same material as the molded cap (Lycra, neoprene, etc) that are shaped and cut to resemble those of a martian then sewn and/or surged onto the top or sides of the cap with a reinforced posterior hole for a ponytail pull-through.

[0047] FIG. 7L: A single or multi-panel swim cap with or without a chin strap or adjustable headband with the mouth, nose, bangs and eyes of a horse heat pressed or otherwise imprinted, embroidered, sewn or appliqued on the anterior; pointed ears made of the same material as the molded cap (lycra, neoprene, etc) that are shaped and cut to resemble those of an actual horse then sewn and/or surged onto the top or sides of the cap with a reinforced posterior hole for a ponytail pull-through.

[0048] FIG. 7M: A single or multi-panel swim cap with or without a chin strap or adjustable headband with the mouth, nose, whiskers and eyes of a fox heat pressed or otherwise imprinted, embroidered, sewn or appliqued on the anterior; pointed ears made of the same material as the molded cap (lycra, neoprene, etc) that are shaped and cut to resemble those of an actual fox then sewn and/or surged onto the top or sides of the cap with a reinforced posterior hole for a ponytail pull-through.

[0049] FIG. 7N: A single or multi-panel swim cap with or without a chin strap or adjustable headband with the mouth, nose and eyes of a monkey heat pressed or otherwise

imprinted, embroidered, sewn or appliqued on the anterior; circular or rounded ears made of the same material as the molded cap (lycra, neoprene, etc) that are shaped and cut to resemble those of an actual monkey then sewn and/or surged onto the top or sides of the cap with a reinforced posterior hole for a ponytail pull-through.

[0050] FIG. 7O: A single or multi-panel swim cap with the mouth, nose and eyes of a cow heat pressed or otherwise imprinted, embroidered, sewn or appliqued onto the anterior, two oval ears shaped and cut to resemble those of a cow made of the same material of the molded cap (lycra, neoprene etc.) then sewn and/or surged onto the top or sides of the cap with a reinforced posterior ponytail hole for a ponytail pull-through.

[0051] FIG. 8A: A half moon and ponytail-shaped insert made of biodegradable (recycled materials, fish food, cardboard, etc.) or non-biodegradable materials (plastic, etc.) that provides shape to the cap for display. The hook is the curl of the ponytail so it can be displayed in such a way that the consumer can easily see its function and how it is worn. [0052] FIG. 8B: A single or multi-panel cap with or without a chin strap or adjustable headband with a reinforced posterior hole for a ponytail pull-through, displayed with a cardboard or otherwise sturdy material half moon and ponytail insert that serves as packaging, the curl of the ponytail acting as a hook for display.

[0053] FIG. 9: A single or multi-panel swim cap with or without a chin strap or adjustable headband with a reinforced posterior hole for a ponytail pull-through and a pair of googles hooked onto a backpack by way of a carabiner for easy drying and storage.

[0054] Example characteristics of materials used to make the example embodiments of the swim cap embodiments herein:

[0055] Latex: A natural rubber that is very stretchy and rugged and is conformal to the head. Some people are allergic to latex.

[0056] Neoprene: a man-made polymer that can be used to form a double-knit synthetic rubber fabric. Neoprene is waterproof and is very stretchable. It is an elastomer, which means it can be stretched to a certain degree and it recoils when released. It is used to make wetsuits for diving and surfing. It is typically 3-5 millimeters thick. Neoprene can stretch 5 to 6 times its unstretched dimension or in some formulations, up to 300% its unstretched dimension. It can be black or in any color, and can be printed. Neoprene used in swim caps may be thinner than the neoprene used in wetsuits.

[0057] Spandex (Lycra®) or elastane is a synthetic fiber known for its exceptional elasticity. It is made up of a long chain polymer called polyurethane, which is produced by reacting a polyester with a diisocyanate. The polymer is converted into a fiber using a dry spinning technique. Spandex is a synthetic polymer. Chemically, it is made up of a long-chain polyglycol combined with a short diisocyanate, and contains at least 85% polyurethane. It is an elastomer, which means it can be stretched to a certain degree and it recoils when released. Spandex fibers can be stretched to almost 500% of their length without breaking. The fibers are made up of numerous polymer strands. These strands are composed of two types of segments: long, amorphous segments and short, rigid segments. In their natural state, the amorphous segments have a random molecular structure. They intermingle and make the fibers soft. Some of the rigid

portions of the polymers bond with each other and give the fiber structure. When a force is applied to stretch the fibers, the bonds between the rigid sections are broken, and the amorphous segments straighten out. This makes the amorphous segments longer, thereby increasing the length of the fiber. When the fiber is stretched to its maximum length, the rigid segments again bond with each other. The amorphous segments remain in an elongated state. This makes the fiber stiffer and stronger. After the force is removed, the amorphous segments recoil and the fiber returns to its relaxed state.

[0058] By using the elastic properties of spandex fibers, scientists can create fabrics that have desirable stretching and strength characteristics. Various antioxidants are added to the fibers, including monomeric and polymeric hindered phenols. To protect against light degradation, ultraviolet (UV) screeners such as hydroxybenzotriazole are added. Compounds which inhibit fiber discoloration caused by atmospheric pollutants are another type of stabilizer added. These are typically compounds with tertiary amine functionality, which can interact with the oxides of nitrogen in air pollution. Since spandex is often used for swimwear, antimildew additives are also added. All of the stabilizers that are added to the spandex fibers are designed to be resistant to solvent exposure since this could have a damaging effect on the fiber. When they are first produced, spandex fibers are white. Therefore, colorants are added to improve their aesthetic appearance. Dispersed and acid dyes are typically used. If the spandex fibers are interwoven with other fibers such as nylon or polyester, special dying methods are required. See e.g., http://www.madehow.com/Volume-4/ Spandex.html; Devra, A. U.S. Pat. No. 5,303, 882 (1994); Goodrich, C & W. Evans. U.S. Pat. No. 5,028,642 (1991).

[0059] The primary use for spandex fibers is in fabric. They are useful for a number of reasons. First, they can be stretched repeatedly, and will return almost exactly back to original size and shape. Second, they are lightweight, soft, and smooth. Additionally, they are easily dyed. They are also resilient since they are resistant to abrasion and the deleterious effects of body oils, perspiration, and detergents. They are compatible with other materials, and can be spun with other types of fibers to produce unique fabrics, which have characteristics of both fibers.

[0060] Silicone: A silicone or polysiloxane is a polymer made up of siloxane (—R2Si—O—SiR2—, where R=organic group). Silicone fabric can be a Fiberglass base fabric that has been impregnated with a silicone rubber compound. The silicone coating adds extended life and provides greater water resistance than uncoated fabrics. Silicone caps are hydrodynamic and wrinkle-free, which means their smooth surface gives you the least amount of drag in the water. They're also more strong and durable than most other materials. Silicone is tough and super-stretchy. They are also hypoallergenic.

[0061] Polyester (polyethylene terephthalate) is an artificial, thermoplastic and hydrophobic fiber formed by a chemical reaction between petroleum, water and air. It is comprised of purified terephthalic acid and monotheluene glycol. Created from melted polyester pellets that are forced through small holes, it's resulting filaments or fibers are solid polymers and void of spaces. These continuous filaments are homogenous and are used as staples in textiles and nonwoven material. Polyester is stronger and stretchier than cotton. It's fiber strength can range from 2.5 grams/denier to

9.5 grams/denier. Repreve, a polyester yarn made of recycled water bottles is also a perfect material for swim caps. It is made by reformulating ground up waste that is melted into liquid polymer and forced through tiny openings to create continuous filaments.

[0062] It will be appreciated by the person of skill in the art that various modifications may be made to the above described embodiments without departing from the scope of the present invention.

- 1. A head garment for swimming and other aquatic activities comprising a cap formed by stretchable waterproof or water-resistant material shaped and dimensions to in use stretch and conformally fit over a human head, the cap including a lower periphery that forms a head opening into an interior space within the cap, a hole through and completely surrounded by the material above the lower periphery at the back of the cap providing a passage that connects the interior space within the cap to the outside, the hole being structured, dimensioned and positioned to exit out of the cap a ponytail.
- 2. The head garment according to claim 1, wherein said hole comprises less than 20% by area of the material.
- 3. The head garment as in claim 1 further comprising of an adjustable fastener around the lower periphery beneath said hole at the posterior of the cap, the fastener being configured to adjust the tension of the cap.
- 4. A swim cap consisting essentially of a stretchable waterproof or water-resistant material sheet comprising a front portion, a top portion, a lower peripheral edge, and a rear portion between the lower peripheral edge and the top portion, the lower peripheral edge having an opening into an interior head space disposed within and enclosed by the material sheet, the center of the rear portion having a single hole through and completely surrounded by the material sheet, the hole communicating the interior head space with the outside, the hole being positioned in the rear portion between the lower peripheral edge and the top portion and configured to, allow passing and exiting of filaments within the interior head space through the hole and permit the filaments to egress out and form a ponytail that hangs outside of the swim cap.
- 5. The swim cap of claim 4 wherein the material sheet is selected from the group consisting of nylon-spandex blends, silicone, polyester, Neoprene and Latex.
- 6. The swim cap of claim 4 wherein the swim cap is structured and dimensioned to enable a swimmer to put the swim cap on the head while passing the ponytail through the hole in the swim cap, so the swimmer's hair does not bunch up under the swim cap.
- 7. The swim cap of claim 4 further comprising an adjustment strap providing an adjustment to vary the tightness of the lower peripheral edge around the swimmer's head.
- 8. The swim cap of claim 7 wherein the strap comprises a fastener.
- 9. The head garment of claim 4 wherein the cap comprises a molded scalp-enveloping structure.
- 10. The head garment of claim 4 wherein the hole has a circular shape.
- 11. A head garment comprising a cap having a front portion, a top portion, a lower edge and a rear portion between the lower edge and the top portion, the cap when worn at least partly forming an interior head space including a rear part, the lower edge having a head opening into the head space, the cap comprising stretchable waterproof or

water-resistant material including a region at the rear portion, the region having a hole through and completely surrounded by the material, the hole communicating the rear part of the interior head space to outside the cap, the hole being disposed between the lower edge and the top portion, the hole being located and sized to allow exiting of a ponytail comprising hair out of the interior head space through the rear portion to the outside.

- 12. The head garment of claim 11 further comprising an adjustable chin strap configured to retain the cap on the scalp and adjust tension of the cap.

 13. The head garment of claim 11 wherein the adjustable
- chin strap includes a fastener.
- 14. The head garment of claim 11 wherein the cap is molded.
- 15. The head garment of claim 11 wherein the hole has a circular shape.