Gainesville Gaviatas Knoxing Guide

What Is Knox?

Knox is unflavored powdered gelatin found in the grocery aisle next to Jell-O. It is prepared using very hot water and, once dry, it is hard enough to keep the swimmer's hair in place while they swim.

Knoxing Supplies

- [ ] Hair supplies: bobby pins, bun pins, ponytail holders, small rubber bands, and a hair net
- [ ] 3 packets of Knox unflavored gelatin
- [ ] Cup for knoxing
- [ ] Metal or plastic spoon or mini whisk
- [ ] Hair brush and comb
- [ ] Hair-dyeing brush (optional)
- [ ] Small towel for the athlete's neck, to catch any drips

How to Apply Knox

1. **Prepare the hair:** Wet hair and comb into a TIGHT ponytail at the crown of the head. Use a comb to smooth out any bumps in the hair. Next, divide the ponytail into 2-3 sections and braid each section. Wrap and pin the braids into a bun and secure with bun pins. Use more pins than you think you need. Wrap the bun in the hair net and pin to secure the hair net.
2. **Prepare the knox:** Place two or three packets of knox in the bottom of your cup. Add about ¼ cup of very hot water to the knox and stir. Add water in small increments until the knox is about the consistency of honey.
3. **Applying the knox:** Once the knox has cooled enough to touch, apply to hair from the hairline to the bun all the way around the head. It is easiest to apply with your fingers, but a large paint brush or hair-dyeing brush can also be used. Apply 2-3 layers of knox.
4. **Pin headpiece:** It is best to pin the headpiece before knox dries. Your coach will instruct you as to how to align the headpiece on the head. Place two pins in each loop of the headpiece, crossing the pins to secure. Once the headpiece is pinned, gently tug on the headpiece to make sure it is secured well.

How to Remove Knox from Hair

Important: Do not de-knox at the pool. You may be fined as much as $100 if caught rinsing the knox.

1. Some athletes like to apply conditioner over the knox and cover with a shower cap to soften until they are able to shower.
2. Take out all bobby pins, hair ties, and hairnets.
3. Thoroughly rinse your hair with hot water to melt gelatin.
4. Shampoo hair twice to ensure all gelatin residue is gone.
5. Finish with regular conditioner.