



Royal Life Saving Society
ACT Primary Schools Swim & Survive Program
2017

Dear Parents,

On the **Second** Wednesday (6th Dec) of the **Swim and Survive** program, we would like all students to experience being in the water with clothes on. This is a novelty factor for most of the students; however some of the higher levels may need to bring their clothes on more than one occasion, their instructor will advise the students when to bring them. This activity allows the children to experience what it feels like to fall in the water fully clothed and be able to safely exit the water on their own. **The instructors will let the children know what they have to bring.**

It is essential for the 3rd last lesson that students bring the following:

- **Water Discovery, Awareness, Sense and Wise:**
Students to bring an old pair of shorts and a short sleeve t-shirt
- **Junior Swim and Survive, Swim and Survive and Senior Swim and Survive:**
Students to bring an old pair of long pants and a long sleeved top (pyjama's are also fine)
- **Swim and Survive:**
Students to bring in addition to the above clothes, a jumper
- **Senior Swim and Survive:**
Students to bring in addition to the above clothes, a jumper and old shoes and socks

Children should bring these items in a labeled plastic bag.

On arrival at the pool, the children will put these clothes on **over their swimmers.**

This is also a **goggle free day**, the reason behind this is again when a child falls in the water they don't usually have their goggles on. Most children struggle and panic without them as they think it is a necessity when they are in the water.

If you have any questions about this activity and the relevance to the program please do not hesitate to contact us at the Royal Life Saving Office.

Kind Regards,

Nicole Lloyd.
Education Manager
ACT Schools Swim and Survive Coordinator
Royal Life Saving Society - ACT Branch
Ph: 6113 1994
Mobile: 0409 070 125