



AQUA SAFE

Water Safety & Awareness Program

Royal Life Saving Society ACT Primary Schools Swim & Survive Program

Dear Parents,

As one of the water safety activities during your child's Aqua Safe program, they will experience what it is like to swim wearing normal clothing.

Please have your child bring the appropriate clothing on **Thursday** the 4th day of the program, they will also need their clothing for one more day which is their boat safety day, the instructor will let them know which day this will be. Children will need to wear their swimmers underneath their clothes (part of the activity is to remove their clothing in the water).

There are 3 levels in the Aqua Safe program, Beginner, Intermediate and Advanced. Each level will be participating in a survival sequence in clothes according to their ability.

What to bring: (your child's instructor will let them know what to bring the day before they are needed)

- **Beginner level**
Students to bring an old pair of shorts and a short sleeve t-shirt (not rash shirts)
- **Intermediate level**
Students to bring an old pair of long pants and a long sleeved top (pyjamas are also fine)
- **Advanced level**
Students to bring in old pair of long pants and a long sleeved shirt as well as a jumper

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**.

As this is a survival skill the children **will not be wearing goggles**, the reason behind this is 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,

Amy Allpress
Programs Manager
Royal Life Saving ACT
Email: aallpress@rlssa.org.au