



# ROYAL LIFE SAVING

## AUSTRALIAN CAPITAL TERRITORY

### Royal Life Saving ACT Aqua Safe Program

Dear parents and carers,

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 along a t-shirt and shorts to wear into the pool, over the top of their swimwear, on **Wednesday** 11<sup>th</sup> December (the 3<sup>rd</sup> day of the Aqua Safe program). Children will need to wear their swimwear underneath their swimming clothes as part of the activity is to learn how to remove heavy clothing in the water.

Please also provide a plastic bag for your child to put their wet clothes in after the lesson.

As this part of our program falls into the aquatic survival element of the children's water safety education, they will not be wearing goggles during the clothed activities. We do this so that we can best prepare your child for an accidental fall into the water. If such an incident were to occur, it is unlikely your child would be wearing goggles, and therefore it is important they are exposed to this sensation in a safe and controlled environment before potentially experiencing it under duress.

We ask that you do not send your child(ren) to the pool in a tight long-sleeved shirt or jeans. Short sleeves and shorts or loose pants only please.

If you have any questions about this activity, please do not hesitate to contact Royal Life Saving directly and ask to speak with our Programs Manager. Thank you.

Royal Life Saving ACT  
Ph: 6260 5800  
Email: [programs@royalact.com.au](mailto:programs@royalact.com.au)

