

All Children Please Bring Clothes to wear During their next swimming lesson

Dear Customer

Personal Survival Lesson

All swimmers please attend their next lesson dressed in clothes, with swim costume worn underneath.

Appropriate Clothing to Wear

3 Items:

1. Long-sleeved shirt or top (NOT short-sleeved)
2. Long-sleeved jumper, cardigan or hoody
3. Trousers, jeans or dress/skirt

Please could you ensure that the clothing is **NOT PYJAMAS**.

How We Will Operate the Session

- Our teachers will be running the session together, unless there is a large discrepancy in ability-levels, in which case the session may be run in groups.
- All swimmers will be very carefully managed, and any who usually wear muscles will ***still wear muscles***.
- Swimmers will only perform tasks *they are capable of managing* – this will not be a high stress environment.

Background Info

- Effective self-survival techniques and swimming skills are THE MAIN THINGS your child needs to learn, bar none.
- The safest place to learn self-survival techniques is in a warm, safe, controlled environment, supervised by knowledgeable and empathetic staff (rather than a *cold, extremely unsafe, unsupervised highly dangerous open water environment; think River Thames!*). We will provide this.
- We will introduce the swimmers to this set of skills in a highly managed, very controlled very SAFE and non-threatening environment.
- To gain MAXIMUM BENEFIT from this experience, the HEAVIER the clothing worn THE BETTER – please do not worry that we will over-exert, endanger or upset your child; we won't. This would contradict the core parameters of our basic operating method, wherein we focus on children always being safe, cared-for, positively motivated and happy without undue stress or fear.
- Please also see our parental self-survival swimming guidance document.