

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

Dear Customer

## **Personal Survival Lesson**

All swimmers please attend their lesson on 23rd June 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.