AQUATICS CHECKLIST

☐ A Hat
All students MUST wear a hat. Wide brim is highly recommended.

☐ Sunscreen
Don’t forget your sunscreen, even when it’s cloudy. SLIP SLOP SLAP

☐ A Shirt
T-shirts or rashies MUST cover the shoulders. Long sleeves are best. A jumper is essential for cooler weather.

☐ Bathers
Board shorts, shorts or bathers plus a towel and change of clothes.

☐ Shoes
Footwear will protect your feet. Preferably closed toe shoes (eg. old sneakers, crocs) Your shoes will get wet.

☐ Medication
All students who need medication must waterproof it and bring it to aquatics. Asthmatics MUST have a puffer if the asthma box is ticked and if seizures, epilepsy is ticked a 1:1 student/instructor ratio must be organised by the school, with the Aquatic Centre prior to attending.

☐ Food & Drink
Remember to bring snacks and your lunch. A full drink bottle is also a must.