

# AQUATICS CHECKLIST

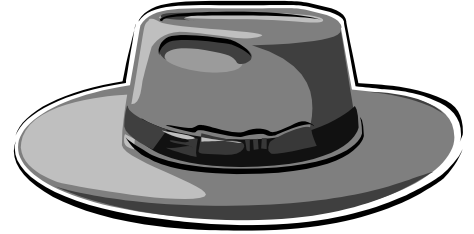


Government of South Australia  
Department for Education and  
Child Development



## ☐ 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.

