

## Parent and Student Advisory Sheet

- Students should bring the following with them:
  - Clothes that can get wet and are appropriate to the weather, no denim or similar, spare clothing to change into after the activity
  - A plastic bag to put wet kit in at the end of the session
  - Towel
  - Old trainers or sailing shoes, they will get wet and all students have to wear footwear on the water, no child will be allowed to go on the water without footwear
  - A windproof / waterproof cagoule & trousers and a wetsuit are useful, but not essential as the centre will be able to provide some of this equipment. Please see the table below to see what each centre is able to provide.

Centres	Buoyancy Aids	Wetsuits	Waterproof Jackets	Water proof Trousers
<b>Oulton Broad</b>	✓	✓	✓	
<b>Alton Water</b>	✓	✓		
<b>Deben</b>	✓		✓	✓
<b>Neptune</b>	✓		✓	

- When the weather is cooler, it is advisable to bring a warm hat; it is always slightly cooler on the water than on land
- In the hotter months, students should bring sun cream, a baseball cap / sun hat and a bottle of water
- Any refreshments that they may require during the activity and a packed lunch if it is an all day programme.
- Students under 18 years old are not allowed to wear rings, hooped / dangling earrings or other facial piercings, long necklaces or bracelets on the water. Long hair should be tied back.
- If your child has difficulties swimming please inform the instructor.
- Watches are not advisable, even if waterproof.
- Any information regarding the student's status of health must be declared to the instructors, via the parental consent form.
- Students should give any medication that may be required to the instructor, if it is likely that it will be needed on the water, e.g. inhalers.
- Cuts or open wounds should be covered with a waterproof plaster before going on the water.
- All students will have been issued with a "*Weill's Disease Fact Sheet*" there are a number of water born diseases and therefore if your child does become ill, within three weeks of being on the water please consult a doctor. Also show your doctor the "*Weill's Disease Fact Sheet*". There have not been many reported cases of Weil's disease or any other water based diseases over the last few years in Suffolk, but we like to make sure that all students and parents are informed.
- We do not recommend that students bring mobile phones, i-pods or large amounts of money but if you do, please hand them to your instructor or group leader at the start of the session. This includes expensive items of clothing such as branded trainers. SWSA cannot guarantee the safety of items left unattended in the changing rooms or any other area of our centres.