

Multicultural Women Swim and Survive Lessons

Swimwear Options Reference Guide



OPTION A



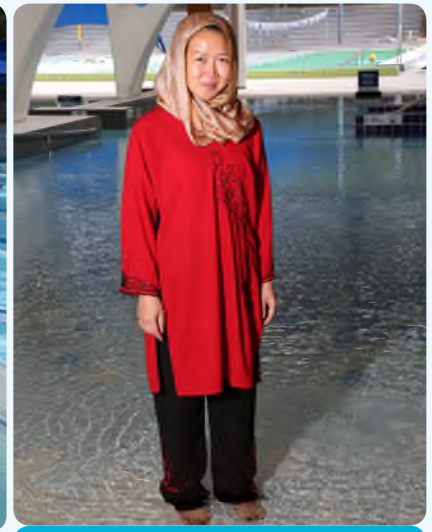
OPTION B



OPTION C



OPTION D



SUPERVISION ONLY



✓ ✓ ✓ ✓ ✓

Minimal coverage ideal for active swimming programs and competitions



✓ ✓ ✓ ✓ ✓

Some coverage ideal for group activities and programs



✓ ✓ ✓ ✓

Greater coverage with lightweight material suitable for supervised programs. Tighter



✓ ✓ ✓ ✓

Complete head and body coverage with lightweight material suitable for shallow water. Loose fit



✓ ✓ ✓ ✓ ✓

Supervision Only - Complete coverage only suitable for supervising children in shallow water (ankle deep)



✓ ✓ ✓ ✓ ✓

Swimwear not a risk factor



✓ ✓ ✓ ✓ ✓

Swimwear not a risk factor




✓ ✓ ✓ ✓ ✓

Minor restriction of movement, additional weight



✓ ✓ ✓ ✓

Will restrict movement and increase fatigue in water




✓ ✓

Supervision Only - Material too heavy for aquatic activity. Lifeguards will restrict entry into the water



✓ ✓ ✓ ✓ ✓

Ideal for advanced programs (stage 12 - Bronze)




✓ ✓ ✓ ✓ ✓

Ideal for intermediate programs (stages 7 - 12)




✓ ✓ ✓ ✓

Suitable for intermediate programs (stages 7 - 12)



✓ ✓ ✓ ✓

Suitable for beginner programs (stages 1 - 6)



✓ ✓ ✓ ✓

Not suitable for swimming/aquatic programs

For more information please speak with your instructor or visit lifesavingwa.com.au/cald-women