

Multicultural Women Swim and Survive Lessons

Swimwear Options Reference Guide



ROYAL LIFE SAVING
WESTERN AUSTRALIA



OPTION A



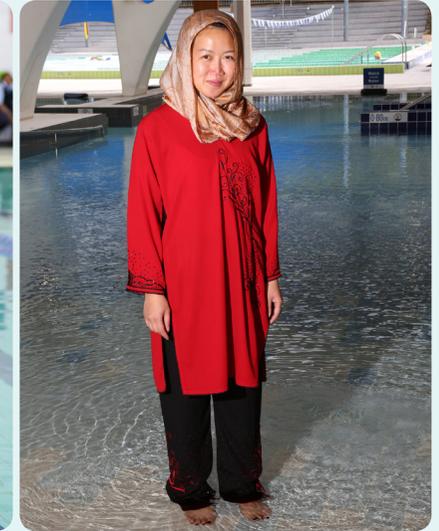
OPTION B



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

✓ ✓ ✓ ✓ ✓
Suitable for all swimming stages (Stage 1 - Bronze)

✓ ✓ ✓ ✓ ✓
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✓ ✓ ✓
Suitable for all swimming stages (Stage 1 - Bronze)

✓ ✓ ✓
Suitable for all swimming stages (Stage 1 - Bronze)

✓ ✓ ✓
Not suitable for swimming/aquatic programs. Suitable for the Watch Around Water program

For more information please speak with your instructor or visit <https://royallifesavingwa.com.au/womenonly>

