

Swimming in Clothes

WHY PRACTISE SWIMMING IN CLOTHES?

Swimming in clothing is an important skill for students to experience and practise, as it replicates an unexpected fall into water. Students have the opportunity to practise falling into the water, recovering and moving to a point of safety whilst wearing clothes in the water. The aim is to experience wearing clothes in a safe and controlled environment to reduce the risk of panicking should the student experience this in real life.

In Victoria, unintentional water entry (slips/trips/falls and some attempted rescues) accounted for 46% of the fatal drowning incidents in 2018/2019 demonstrates the need for students to practise swimming and water safety skills whilst clothed.

What to wear?

More experienced or advanced students may practise in long sleeve or heavy clothes to replicate 'real-life' possibilities. i.e falling into water during winter.

Beginner students can wear shorts and a t-shirt or light long-sleeved clothing. Pyjamas are a great option!

Avoid	Why
Denim, wool, polar-fleece	These materials are very heavy when wet, making it very difficult to swim.
Loose fitting pants	Ensure there is a draw string or tight waist to hold them up. Loose fitting pants are likely to fall down in the water without effective support around the waist.
Favorite clothes	Pool chemicals such as chlorine may affect the colour of clothing when worn in the pool. Choose old clothes or pyjamas.

The swimming teacher may also request students to practise skills without goggles during this session. This is to simulate an unexpected fall into the water – we don't wear goggles every day, so we need to practise entering the water without them!

Don't forget...

- ✓ Bathers! Students will still need to be wearing bathers underneath their clothes.
- ✓ A waterproof bag to put wet clothes in after the lesson.

