



Ash Manor School
Royal Navy Contingent (CCF)
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Dear Parents/Carers

OFF SITE SWIMMING TRAINING

Introduction

In preparation for offsite water sports training including dinghy sailing and canoeing, all students need to complete a water safety test. For confident swimmers this will be; swim 40m, tread water for 3 minutes and get out unaided. For less confident swimmers this will be; wearing light clothing (including swimming shorts) and a buoyancy aide, jump in, swim 25m, tread water for 1 minute get out with assistance if necessary. The swim test will be carried out at the Aldershot Garrison Sports Centre.

When: Monday 20th March 2023

Where: Aldershot Garrison Sports Centre

Drop off and Pick up point: **AMS Main Reception Car Park**

Time: Meeting: 1500hrs
Collection: 1730hrs – (any adverse traffic permitting)

Accommodation: None required,

Feeding: None required

Kit and equipment: Swim wear and light clothing (e.g. T-shirt and pyjama bottoms)

Cost: Nil

Please email ccf@ashmanorschool.com with the following in the subject line **<Cadets Name> Mondays Swim Test** By Monday 13th March 2023.

If you have any questions, please e-mail us on the address above.

Yours faithfully

J Chalmers WO2 (SQMS) School Staff Instructor
AMSCCF