TAS Surf Lifesaving Activities Day 1

Friday 28 Feb 2014

Travel
Depart Friday 28nd Feb
•  **6:30am** Brown Street.
• Boarders early breakfast at 6am.

Return
• Depart Sawtell Beach 1.00 pm
• Arrive Brown Street at 4.30pm

Staff
Mr J Pennington 0419250984; Mr J Moore

Organisation

Monday
Arrive Sawtell approximately 9:00am.
Unpack bus.
• 9.30 am – 10.30 am  Beach Session 1
• 10:30am – 12:00pm  Beach Session 2
• 12.00pm-1:00pm  Beach Session
• 1.30 pm  Depart Sawtell
• 4.00pm  Arrive Armidale

Requirements
Casual clothes including covered shoes.
Sunscreen; Insect repellent; toiletries

Dress
To travel - School sports uniform - Full **school**
tracksuit if necessary, white shirt, blue shorts,
white socks, sports shoes, hat, water bottle (to be
carried onto beach), swimmers (board shorts are

not allowed for lifesaving activities; rashies and
caps provided), towel.

Meals
Breakfast: Cereal/toast Spreads @TAS
Lunches: Rolls, Salad filling, sliced meat, fruit