TAS Surf Lifesaving Activities Day 3

Friday 4 April 2014

Travel
Depart Friday 4 April
• 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
Friday
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
• 1.00 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