

Clothes Demonstration

This Demonstration should be done before the children's first WW Session

The aim of this demo is to show the children what clothing is suitable to wear on/in the water and what is not.

Have your pile of clothes and a large bucket of water ready in front of you..

All of the children and any parents should be sitting so they can clearly see and hear you.

Starting with what is NOT suitable.

Cotton



Hold up a dry cotton T shirt, and ask the children “What is this made of?” “What do you think about this?”
When they all know what it is, dip it about a third into the water. With a coloured T shirt like this, the wet bit is very obvious, and demonstrates how it instantly becomes very wet.



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Now dip the whole way down and pull out. The children will see how dripping wet it, explain how cold it will be on their skin, and with any wind blowing on it, hypothermia can start after 15 minits.
Now you can pass this dripping wet T shirt round the class, for the all to feel, noticing the extra weight. Meanwhile ask the class "What else is made from cotton, that could be heavy and very wet too?"
Denim Jeans/ jacket, sweatshirts, hoodies, all very unsuitable in the water.
So take any cotton items off before you go in the water.

Rash Shirt



Hold it up, what is it?, what do the children think?
Explain that these were originally designed in Australia to stop a tummy rash when boogie boarding, and it is made of a sunproof fabric. Rash shirts are perfect for the tropics. However unfortunately, like cotton, they take a while to dry, and is as cold in the wind as cotton.



Totally dip in the water and pass round for the children to feel.
Then hang on rail.
A fleece lined version has been made available for NZ climates.

Polar Fleece



Hold it up, what is it?, what do they think?
Fleece can be very warm when dry and out of the wind.



Dip the fleece into the water and pull it out, in order to demonstrate how heavy this is to pull straight out of the water, they will be surprised. Let every child have a go pulling it out of the water with one hand, then push back underwater for the next child to have a go. Always take off fleece off before going in the water.

Moving on to what is GOOD to wear

The children are encourage to put together their own WW bag to bring to Narrow Neck. Below is a list of the gear they should put into it.

Polypropylene



Hold up a polyprop long sleeved top. We strongly recommend everyone has their own. Polyprops can be purchased cheaply from the Warehouse. As we continue our sessions until May, or June the children will need warm clothes. WW supply spring wetsuits for the children, but these will not be sufficient to keep the children warm when the weather gets cooler.

Polyprops are available in all colours, short sleeves, leggings, shorts, socks, beanies, balaclavas, gloves, socks etc. They are very popular for all outdoor activities .



Watch what happens when the polyprop is dipped in the water, it actually repels water to start with, and will even be dry inside. Demonstrate. It dries very quickly and never feels cold on your skin. Pass round class.

Merino Wool



Merino wool underlayer is another option to a Polyprop, takes longer to get wet, and still dry on the inside. Wool is 1 Degree warmer wet, than when it is dry.

Pass around.



Wool Jumper



Wool jumpers can be purchased in op shops. Put the jumper into the washing machine and dryer so that it shrinks. It must be tight not baggy on arms in order to stop the wind and is super warm. Pass round feel how much warmer it is inside.

Windproof jacket



This is just an inexpensive unlined nylon Parka. It will totally keep the wind off your skin and dry's quickly. It is worn underneath your buoyancy vest.

Other accessories for your WW bag are a hat and sunscreen for the sun, a woollen beanie for cooler days, footwear in case of glass, togs, towel, and a plastic bag to put your wet togs in.

Beanie



The importance of a beanie.

If you have 2 pots of water the same size, one has a lid and the other doesn't, you put them both on the stove at the same temperature, which one would come to the boil first??? *The one with the lid.*

If you have 2 pots the same size of boiling water, take off the stove, and put a lid on one, which one would stay warm longer? *The one with the lid.*

Think of your beanie as your lid!!



Hang all the wet garments up to dry.

Let the children feel all the types of clothing, which ones are still wet and cold, and which are warmer, and let them decide what they would like to wear.

Staying warm for the whole session is the goal.

Getting cold is also a lesson.

Spring Wet Suits



The WW spring wetsuits the children wear, are all hanging on posts, in the locker. One wetsuit per post, with one sleeve only on the post, so the size number on the sleeve is visible. Sizes go from 1 to 8. The children will remember their size after their first session.

At the end of the session the children will learn how to rinse their wetsuit, turn right way round, and return to where they got it from.