



**Ash Manor School**  
**Royal Navy Contingent (CCF)**  
Manor Road, Ash, Surrey GU12 6QH  
Telephone: 01252 353 900 Ext 361  
E-Mail SSI: [jchalmers@ashmanorschool.com](mailto:jchalmers@ashmanorschool.com)  
E-Mail CCF: [ccf@ashmanorschool.com](mailto:ccf@ashmanorschool.com)  
Cadet Duty Mobile: 07771 998 496



05 September 2023

---

Dear Parents/Carers

## OFF SITE SWIMMING TRAINING

### Introduction

In preparation during September and October for our naval cadets to continue with 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 11th September 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 (Bring Snack and Drink for after the test)

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

Cost: Nil

Please email [ccf@ashmanorschool.com](mailto:ccf@ashmanorschool.com) with the following in the subject line **<Cadets Name> Mondays Swim Test** By Thursday 7<sup>th</sup> September 2023.

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

Yours faithfully

J Chalmers WO2 (SQMS) School Staff Instructor  
AMSCCF