



INFORMATION ABOUT YOUR SWIMMING LESSONS

PUPIL ABILITY ASSESSMENT

With your help we would like to increase the amount of instructor led time that your pupils have in the pool to maximise their potential of achieving the National Curriculum level of swimming a distance of 25 metres. Please have all parents or guardians complete the child's swimming ability forms to enable us to initially allocate pupils into the correct group in advance of pupils attending education swimming lessons.

APPROPRIATE SWIMWEAR

All swim wear must be tight fitting and be of an appropriate material. This may be a swimming costume, trunks or shorts (must be swimming shorts). Bikinis/shorts below the knee/cut off jeans, underwear and heavy materials are not acceptable swim wear. Bermuda shorts are not allowed as they give a false sense of buoyancy and the swimming teacher will be unable to clearly see leg movement in the water. If pupils are required to wear long sleeve tops and leggings then these must be lightweight and swim wear i.e. a costume must be worn underneath or on top.

Long hair must be fastened back or placed under a swimming cap.

GOGGLES

We have an obligation to ensure all children are competent in the water without goggles to achieve National Curriculum standards. Where a child has a documented medical condition affecting their eyes or another associated reason which means goggles are required for protection. The parents or guardians should complete the Goggles Permission slip and return to school.

When children who do not have a documented medical condition or another associated reason to wear goggles it can lead to:

- Children constantly removing and adjusting goggles that leads to delays, and can distract from the swim teaching.
- Children sometimes ask swimming teachers to adjust or re-position their goggles that leads to delays.
- Children won't be able to pass the water safety criteria while wearing goggles.



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JEWELLERY GUIDANCE

Jewellery is not permitted on the school swimming programme, including stud earrings, bracelets, necklaces etc. This policy is in place for safety reasons and meet the Association for Physical Education (afPE) safe practice in the legislation we follow. If a child wants their ears pierced, we advise this to be done during summer holidays therefore they will be able to be removed for their school swimming lessons.

Medical bracelets are permitted and we ask that any medical conditions requiring medical bracelets are added to the medical form to ensure our Swimming Teachers and Lifeguards are aware.

MEDICAL CONDITIONS GUIDANCE

The swimming pool is not very different from any other public place. Just as people might avoid work, school or public transport when they are unwell – for their own sake as much as for others – so there are circumstances when swimming pools should be avoided.

- Nobody suffering from diarrhoea should swim. That message is crucial; it must be clearly delivered and never comprised. Attention to ill children is particularly important. Gastrointestinal bacteria and viruses are killed by pool disinfectant. However with the protozoa *Cryptosporidium*, even after diarrhoea has stopped, chlorine resistant infective particles can be passed for up to 14 days. The risk of contamination will be less, but people should not swim. Solid stools, once removed, are not a problem.
- Children should not go to public pools if they have open wounds, severe eczema or any infectious skin complaint.
- Colds, flu and other infectious illnesses are a sufficient reason not to swim.
- Children whose illness or treatment makes them susceptible to infection, or affected badly by it, should take medical advice before swimming.
- If children have a verruca, check to see whether there are any dark brown or black seeds / spores in it. If there are, please ensure they wear a pair of pool shoes **to and from** the changing area to the poolside. If not, they can swim as normal.



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WATER SAFETY GUIDANCE

More than 400 people drown in the UK and Ireland EVERY YEAR and many more have non-fatal experiences, sometimes suffering life-changing injuries so teaching children about water safety forms a very important part of our school swimming packages. Much of the information can be delivered by schools in a classroom. This will save time on the poolside and mean our swimming teachers can get children straight into the pool giving them more time to learn the physical elements of swimming.

As this element forms an important part of the programme, we have provided links from the RLSS to help you deliver this to your pupils. We want to give you everything you need so please get in touch if you need anything else or need help with delivery / resources.

This part of the swimming programme will enable pupils to enjoy water safely, to keep their families and friends safe and to know what to do in an emergency.

ALL ENQUIRIES AND BOOKING

To book your school swimming lessons, please call or email our Swimming Admin Team. Our staff will be happy to help in assisting you plan your school lessons.

E-mail: Lynne.O'Brien@hcandl.co.uk

Telephone: 01482 612260