SCHOOL SWIMMING SERVICE

GUIDELINES FOR PARENTS

It is a requirement of the National Curriculum that all children attend swimming lessons during Key Stage 2. The programme is designed to meet the requirements of the national curriculum and is delivered by experienced, qualified swimming teachers.
The school must be informed of any medical conditions, which may affect your child's performance during the lessons. Certain serious conditions will require medical clearance prior to your child taking part. If your child suffers from asthma, it is essential that they take their inhaler to the pool with them.

SWIMWEAR
Boys: trunks or swim shorts. Shorts must have a lining and be no longer than mid-thigh. Long baggy shorts can cause drag resistance and in certain circumstances are unsafe.
Girls: 1-piece costumes. Close fitting leotards and footless tights may also be worn where normal swimwear is not appropriate for religious/cultural reasons. Burka swimsuit is acceptable but it must be tight fitting and hood removed.

JEWELLERY
All jewellery, religious artefacts and symbols must be removed because of the potential danger to the wearer and other users. The only exception to this rule is a medic alert bracelet, which can be covered by a sweatband.
No earings will be permitted during school swimming lessons.

HAIR
Hair should not impede vision whilst swimming.
Wearing a swim hat is strongly advised, not only for reasons of safety, but also in relation to skill learning, as the hair could interfere with vision and flow of water across the eyes and face, causing erratic and inefficient head and body movements. Where a hat is not worn, the hair should be secured away from the face by other means.

GOGGLES
Goggles are generally not allowed during school swimming lessons as, for safety reasons, it is important for the pupil to develop water confidence and be comfortable performing a range of activities without them. Pupils learning to swim or improve their ability often do not swim in straight lines therefore clashes of heads are a potential hazard and injury from goggles can result from this. Visibility can also be impaired when using goggles as the eye pieces often quickly steam up or cloud over.

Exceptions:
- If there is an underlying medical condition, which necessitates the wearing of goggles, a letter from your doctor/optician will be required.

If you have any concerns regarding your child's swimming lesson you should contact the school in the first instance.

COVID 19

The School Swimming Service has worked very closely with Public Health England, Dfe, Swim England , OCLL and our transport companies to ensure all health and Safety guidelines with new risk assessments are in place. Our Swim Teachers have all received Covid 19 training with updates on First Aid and lifeguard qualifications.