

## **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.

### **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. If your child has newly pierced ears you should forward a letter to the swimming teacher accepting responsibility should any injury/loss occur during the initial 6 week period. At the end of the initial 6-week period the studs must be removed prior to the swimming lesson.

### **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.
- At the discretion of the Swimming Teacher, advanced swimmers may be allowed to wear goggles during sessions where pupils are spending long periods with their faces in the water.

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

**PLEASE FORWARD TO PARENTS PRIOR TO COMMENCEMENT OF SWIMMING LESSONS**