



North Stainley CE Primary School

Swimming Policy

North Stainley C.E. School Swimming Policy

AIMS OF SWIMMING

- To provide a meaningful and safe swimming experience for children.
- To reinforce the stated aims of the school in relation to physical education; the personal and social development of children and their health and wellbeing.
- To meet the requirements of the National Curriculum.

Pupils should be taught to:

- Pace themselves in floating and swimming challenges related to speed, distance and personal survival.
- Swim unaided for a sustained period of time over a distance of at least 25m.
- Use recognised arm and leg actions lying on front and back.
- Use a range of recognised strokes and personal survival skills [for example, frontcrawl, back crawl, breaststroke, sculling, floating and surface diving].

ORGANISATION

Swimming at North Stainley C of E Primary School is time tabled in the Spring term for children in years 2 to 6.

Children, therefore, have the opportunity to develop and improve their swimming throughout the primary phase. Swimming lessons take place on a Monday morning and last approximately 30 minutes. Children are transported to Thirsk swimming pool by a coach fitted with 3 point seatbelts.

EQUAL OPPORTUNITIES

All children have equal access to the Swimming Curriculum regardless of race, gender, creed or ability, in line with the school's policies on Special Education Needs [SEN] and Able, Gifted and Talented [AGT] children. This policy pays due regard to the Disability Discrimination Act. Equal access to all aspects of the swimming programme will be available to all children. Any child with special educational needs will participate in all activities as far as possible according to his/her abilities, in consultation with the Special Needs Co-ordinator, parents and any special needs personnel. If for any reason it is not possible to provide swimming for a child then alternative, appropriate activities will be provided. Further guidance on integrating children with special educational needs can be found in 'Safe Practice in Physical Education' (BAALPE) p75-97. This document is chiefly concerned with safe practice.

ROLES AND RESPONSIBILITIES

The role of the class teacher:

- The welfare of children in changing room.
- Overall maintenance of good discipline.
- Counting children into and out of the building and recording these numbers.
- Marking the attendance register.
- Ensuring the water safety of all children and maintain a safe working environment.
- Record children's achievement.
- Confirm attendance levels and any relevant medical information with the swimming teacher.
- Make arrangements to be made about the provision for children with special needs and confirm risk assessment.
- Adhere to health and safety requirements.

The swimming teacher will:

- Possess minimum qualifications as specified by Lancashire County Council.
- Possess CRB clearance.
- Have full ASA Teachers Award or an STA equivalent.
- Obtain a lifesaving award recognised by Health and Safety Unit.
- Possess a relevant First Aid certificate.
- Be responsible for planning and teaching the swimming lessons
- Be responsible for the safety of the children during the swimming lesson.
- Liaise with the class teacher about SEN and special requirements

Organisation – Class Teacher Should:

- Ensure children know the procedure for start/end of lesson, their grouping and assigned area of pool and teacher.
- Ensure children are grouped according to swimming ability
- Divide children up into groups to be supervised by a named adult out of the pool.
- Ensure children are counted out of the changing room, into the pool, out of the pool, into the changing room by their responsible adult.
- The entire group is counted off the bus and on the bus by the teacher in charge – EW or MW
- No child is allowed to visit the toilet alone.
- Children should visit the toilet before entering the pool, any child needing to leave the pool during a swimming session should be accompanied by an adult.
- Consult with the swimming teacher and agree arrangements to be made about the provision for children with special needs and confirm risk assessment.
- Children should use a buddy system to aid safety

ARRIVAL AND DEPARTURE

- Children should always enter and leave the swimming pool area under supervision and be counted into and out of the swimming pool area.

IN THE CHANGING ROOMS

- Encourage good behaviour in the changing rooms. This will not only ensure the safety and wellbeing of pupils but will also help to set the tone of the lesson.
- For the safety of the individual and the group, no jewellery of any kind is to be worn in the water. Provision will need to be made at the school for the safe keeping of valuables. It may be necessary to agree procedures relating to children who wear jewellery for religious purpose or who wear Medi-alert bracelets or similar items.
- Remind the children to attend to their personal and toilet requirements and to shower before entering the pool.
- Supervision and changing of pupils should be undertaken by school staff

GROUPING

In determining ratios of teaching groups the following factors are taken into account:

- The age of pupils.
- The range of their swimming ability. This should be known by the teacher and instructor and each new pupil should be checked at the first lesson in shallow water.
- The ability of pupils to comprehend instructions including their command of the language in which the lesson is taught.
- How any difficulties will be overcome.
- Any physical disabilities or learning difficulties.

The following ratios are North Yorkshire County Council recommendations:
12:1 Non-swimmers/beginners – young children [including nursery and primary aged children]

EQUIPMENT

- Children should bring a towel and bag for their clothes.
- Girls should wear a one piece costume.
- Boys should wear trunks rather than shorts
- Swimming hats should be worn
- Goggles should not be worn, unless the parent has completed an authorisation form (appendix 1)

ASSESSMENT AND RECORDING

- The swimming ability of the children will be assessed at the beginning of a unit of work by the swimming instructor and recorded.
- Records will be kept of the progress of individual pupils throughout the unit of work.
- Certificates are used to reward children's achievements.

SAFETY

Teachers/adults supervising the use of the pool must know the location of the nearest telephone, life saving equipment and be aware of the N.O.P and E.A.P.

Please see additional guidance:
Swimming Charter DfE
ASA guidance on school swimming

Appendix 1:

ADVICE TO PARENTS WHOSE CHILDREN WISH TO WEAR GOGGLES IN A SCHOOL SWIMMING LESSON

Goggles are not needed for everyday swimming. It should be remembered that in the event of your child being involved in a hazardous water situation it is extremely unlikely that he/she would be wearing goggles. It is highly desirable therefore that your child learns to swim without being dependent on goggles.

Goggles may cause injuries even resulting in blindness if a child is knocked on the goggles when swimming or diving or putting them on and removing them.

Goggles do not keep all water out of the eyes. Goggles often steam up for the first few minutes after putting them on.

School swimming lessons usually last for about 30 minutes. The children swim in large numbers and sometimes in crowded conditions. Beginners do not always have full control of arm and leg movements. These factors may increase the possibility of being hit on the goggles. Goggles are held in place by tight elastic and are made of hard plastic.

The use of goggles is advisable only when there is excessive reaction to the chemicals in the water and where the swimmer is involved in lengthy training sessions. In these cases goggles may reduce the effect of contact of the eyes with the water a little. If goggles are used they should not be made of glass or breakable plastic. It is recommended that such goggles be purchased from a recognised sports equipment retailer or from local baths/leisure centres.

Your child will need to be taught how to put on and remove the goggles and how to empty the water out safely: "The goggles must be held firmly with both hands each gripping the outside corner where the straps are attached. The goggles must then be pushed upwards and NEVER pulled out away from the face."

If you wish your child to wear goggles in the school swimming lessons please make this request in writing to the school.

GOGGLES

I, as parent/guardian of

[BLOCK LETTERS

PLEASE] acknowledge that I have received and read the notes of Advice To Parents Whose Children Wish To Wear Goggles In A School Swimming Lesson.

Signed Date

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