

# OCL School Swimming

## Welcome To OCL School Swimming Provision

### Guidelines for Parents/Carers/Pupils

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.

**Pupils** – You may be feeling anxious – that's totally understandable, for some of you it will be the first time you have been to a swimming lesson, for others you may have swimming lessons already. Don't worry. When you arrive at the pool our swimming teachers will go through all that is required of you and you all do an assessment of your swimming. The swimming teachers may put a swimming aid on you initially, even though you may be able to swim. This is to make sure you are safe. Once the teachers have done their assessment you will be placed in your ability group and the aids may be removed.

### How can you help us ensure your lesson is Fun & safe?

#### **Pupils**

- Always remember to stay safe – Do not leave your group once you come into the centre
- Always use your listening ears – your swimming teacher will give you lots of information, swimming pools are quite noisy and if you don't listen carefully, you may miss important information.
- Always walk in the centre – there will be members of the public in the communal areas and poolside will be wet and slippery.
- Always act sensibly – we know its exciting to be in the pool, but it is a lesson just like those in school.
- Always let us know if you feel unwell
- Always remember you are representing YOUR school.

Our swimming teachers number priority is to keep you safe.

#### Swimwear

**Pupils** - Always remember your swim kit – you cant swim without it.

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 earrings 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. 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

OCL works very closely with Public Health England & Swim England to ensure all health and Safety guidelines are followed.

