

School Swimming Lessons

Information for Parents

All you need to know before your child goes swimming with the school:

Please see below the guidelines for school swimming. These will ensure that lessons are delivered in a safe manner and also provide the best possible chance of improvement.

1. Swimming Kit

- Towel
- Costume
- Goggles
- Hair band or swimming hat
- Medication if required

On swimming day please pack all kit into a bag. You might want to put a plastic carrier bag in the sports bag to wrap up your wet items before putting them into the kit bag. Please do not dress your child in their swim wear underneath school clothes as this can be uncomfortable. Remind your child to bring home their swimming kit bag with the wet items for washing.

Boys – Lycra style trunks are by far the best thing to wear when learning to swim. Swim shorts, if worn, must be above the knee. **NO** long Bermuda style shorts as these really restrict movement of the legs, add drag weighing the child down, prevent movement through the water and fall off the hips when performing some skills.

Girls – One piece swimsuits. **No** bikinis as they can easily become undone or slip off when performing some skills.

Goggles can be worn but no swim masks. If your child wears goggles please let them know that they may be required to perform some activities (for example water safety personal survival lesson) without goggles. This is important so that children learn to become confident in the water without goggles in an emergency situation.

Hair If your child has long hair it must be tied back, better still wear a swimming hat as it will keep hair out of the face altogether. Some schools require all children, boys and girls, to wear a hat. Please check with your school.

2. Jewellery

No jewellery is allowed in the pool. If your child wears jewellery to school it will be left AT SCHOOL until they return from the swimming lesson. This is for your child's own safety as well as for others. It is not acceptable to cover jewellery with plasters.

3. Medication

If your child has any medical conditions they must tell the swimming teacher who will let the lifeguards know. If they are required to carry medication, it must be brought onto the poolside in a clear plastic bag with your child's name clearly marked on it.

4. Hygiene

All children should use the toilets before swimming. If your child needs to use the toilet during the lesson, they must ask their teacher to leave the pool and report back to the same teacher when they return.

All children are required to shower before entering the pool. This helps to keep the pool water fresh and cuts back on the amount of chemicals used to treat the pool water. If your child wears cosmetics or hair products this will also need to be washed off.

5. Feet Infections

If your child has athlete's foot or verrucas these will need to be treated, but this will not prevent them from swimming. Verrucas will need to be covered with a waterproof dressing and a swim sock. Make sure your child knows how to dry their feet properly especially between the toes, this will help to prevent athlete's foot infection.

6. Parental Viewing

Parents are not allowed to view school swimming lessons as this is distracting for the child. The school may invite you on special occasions.

7. Parental Support

Most schools will welcome offers of help with their school swimming lessons. The school will be required to request a check with the Criminal Records Bureau. Training can be provided for those wishing to help deliver school lessons or support children in the water.

If you would like further information about helping out with school swimming or attend training please contact your school or the Swimming Development Officer for Monmouthshire via email natalieparfitt@monmouthshire.gov.uk