

School Swimming Lessons

Information for Pupils

All you need to know before you go swimming with the school:

Swimming lessons are great fun but like all activities there have to be a few rules which will ensure you are safe in the water and give you the best possible chance of improving your swimming.

Q What do I need to take?

A Towel
Costume – see below
Goggles
Hair band or swimming hat
Medication if required

Pack all your kit into a swimming bag, you might also need a brush or comb to make yourself look gorgeous after your swim. Don't put your swim suit on in the morning under your clothes as this will be really uncomfortable for you while in class and it is a bit of a pain if you need to use the loo!

Q. Why can't I wear my trendy board shorts to my lesson they are really cool?

A. These type of shorts are great for the beach and for surfing, but when you are learning to swim or if you have to swim a long way, they will become very heavy and cause drag, this makes your legs sink. These shorts will not help you to swim your best or improve your stroke.

Q. Why can't I wear my bikini to my lesson, it looks great when I am on holidays.

A. The straps of a bikini can easily come undone and the bottoms are not very secure. You will not be able to concentrate on your swimming if you are worried about this during your lesson.

Q. On my first lesson why does my teacher ask us to sit and listen to a boring safety talk, I just want to get in the water and swim.

A. The swimming pool can be a dangerous place and accidents can happen. It is really important that you know what to do in an emergency. This talk has to be done at the beginning of each term to make sure that all new children and teachers are safe.

Q. Sometimes my teacher makes us swim without goggles, I don't like this, why does she make us do it?

A. When you are doing personal survival or water safety class you will be asked to swim without your goggles. If you were to fall in the river or pond it is unlikely that you would be wearing your swimming goggles, this is a really important part of your lesson, it could save your life!

Q. Why can't I wear jewellery when I am swimming?

A. Jewellery can cause injury to yourself or to your friends in the class. Earrings can be pulled out, rings squashed onto your fingers and a necklace could choke you.

Q. Why do I have to take a shower before I go in the pool?

A. During the day our body becomes sweaty and dusty. Taking a shower removes any dirt we have picked up and gets rid of body lotion, deodorants and hair gel, this will ensure that the pool water is clean and fresh and the pool will need less chemicals.

Q. Last week I forgot to take my inhaler with me to the pool, the teacher would not let me go in the water. Why?

A. If you become unwell in the pool the lifeguard will need your medication to be able to help treat you. Without your medication they may not be able to help and you could become very sick.

Q. Why does my school take me swimming?

A. There are lots of reasons:

- Being able to swim is really important – it could save your life.
- If you are able to swim then you can do other fun activities like surfing, canoeing, water polo and lots more.
- It's fun – being able to swim means you can spend time at the pool with your friends
- Swimming is a great way to exercise and stay fit and healthy
- Learning to swim opens new doors to you, who knows where it could lead you. Perhaps you will join a swim club, become a swim teacher, may be even become an Olympic champion, they all had to start somewhere!

If you would like to find out more about swimming and water safety, why not check out the following websites:

www.rnli.org.uk

www.rosipa.co/leisuresafety/water

www.lifesavers.org.uk/rookie

www.swimming.org