



Newton British School

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An international community of learners striving for excellence and celebrating success



Swimming Policy

Our Vision

‘An International community of learners striving for excellence and celebrating success’

Our Mission

We aim to provide the highest quality of education possible for students of all abilities. In doing so, we aim to positively encourage each student to achieve academic excellence, enjoy creative diversity, develop critical thinking skills and become lifelong learners and responsible citizens.

To achieve this, we will provide a diverse education in a safe, supportive environment that promotes self-discipline and motivation. We will provide and maintain a calm, trusting and caring atmosphere where teaching and learning are meaningful and developed. We will work in partnership with our staff, students, parents and wider community to achieve our vision.

Aims:

At Newton British School we aim to

- Enable all our pupils to experience as much swimming as possible during school time in order for them to become competent, confident swimmers with a strong desire to continue swimming and maintain a healthy life-style in later life.
- Meet the requirements of the National Curriculum of England and Wales with regard to swimming.
- Reinforce the stated aims of the school mission in relation to PE; personal and social development of children and their health and well-being.

Changing:

- Children from Year 1-6 will change in the changing facilities available at the swimming pool.
- Children in EYFS will change in classroom before lessons due to extra assistance being needed to ensure they are ready for each lesson.
- Support for changing will always be available from swimming class teacher and teaching assistant before lesson begins and when lesson is finished.
- Towels and kit bag for wet swimwear should be brought to every lesson
- No school bags should be in the swimming pool area
- No food or drink may be consumed in the changing rooms or pool area
- Children must always wear suitable pool shoes when arriving and leaving pool area

Swimwear:

- Both boys and girls should wear full body swimsuits that go to the knees
- No bikinis should be worn at any time for a swimming lesson
- Swimming hats are compulsory and should be used by each child for every lesson
- Towels should be brought to every swimming lesson in order to return to the classroom dry
- Appropriate swimming shoes should be worn to the pool i.e flip flops or crocs
- No school shoes or trainers should be worn to the pool
- Children will not be allowed to walk to the swimming pool bare footed
- Arm bands and floats will be supplied for any child who needs to build confidence in the pool
- Swimming goggles are optional for children

Use of Swimming Goggles:

- The ASA and STA recommend that children do not wear swimming goggles. However, we do understand that chlorine in the water can irritate eyes if parents deem them necessary. We do strongly discourage the use of swimming goggles in EYFS. There is a specific letter to inform parents about the use of goggles (**See appendix 1**)
- Be aware that teachers will not be responsible for the fitting of goggles for the children.

Children will be encouraged to:

- Use the toilet before swimming;
- Blow noses before swimming.
- Children/Class teachers should inform the swimming teacher about any cuts or grazes before changing, in order for her/him to decide whether they will be allowed to swim (we cannot allow open wounds in the pool for Health and Safety reasons). Children are not allowed to swim if they have a cold sore.
- Children cannot swim with verrucas unless they have been treated and are covered.

Behaviour, Health and Safety:

- The swimming pool is a place of work and should be treated as a classroom with the same rules regarding behaviour.
- The swimming teacher has overall responsibility for the teaching, discipline and safety of the children. All other adults on the poolside during a session must defer to her/his authority.
- A child with a serious condition (such as epilepsy) who is still able to participate in swimming lessons may have an adult allocated to them who will watch the child from the poolside.

- Helpers are responsible for knowing emergency procedures.
- When the instructor blows the whistle, there should be silence in the pool and surrounding area.
- There must be No running, jumping or diving.
- The swimming instructor must be informed of children with any health problems e.g. asthma, epilepsy, diabetes, etc. This information needs to come from the class teacher via the school nurse.
- Chlorine and P4 water levels are checked 3 times daily to ensure that the swimming pool is clean, this is done by inserting dissolvable tablets into a swimming pool kit.



Group Sizes:

- Children under the age of 7: Maximum pupil : teacher ratio = 10 : 1
- Children aged 7 – 11: Maximum pupil : teacher ratio = 20 : 1

(The ratio may change for children with specific needs.)

Organisation:

Our swimming lessons take place in the autumn and summer terms.

- Autumn – Reception to Year 6
- Summer – Pre-School to Year 6

Equal Opportunities:

All children will have equal access to the swimming curriculum regardless of race, gender or ability. Any child with special educational needs will participate in all activities as far as possible according to his/her ability.

Staff:

PE staff will;

- Have the Teacher Pool Safety Award.
- Have the full ASA or STA Swimming Teacher Award.

Emergency Drill Procedures:

- 1 short whistle blast – Calls the attention of children in the pool
- 2 short whistle blasts – Calls the attention of another lifeguard
- 1 long whistle blast – All pupils leave the pool immediately. This may also indicate that a lifeguard is taking emergency action.

Reviewed By: Mr. James Houston - Principal and Mr Conor Hayes – Deputy Principal

June 2021

Next Review Date: June 2022

ADVICE TO PARENTS CHILDREN WISHING TO WEAR GOGGLES IN SCHOOL SWIMMING LESSONS

Dear Parents,

We would like to pass on the following important information regarding the use of goggles during swimming lessons.

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 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 40 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. 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.”