



# START-RITE SCHOOLS SWIMMING POLICY

Approved By:	School Management
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## Swimming Policy

### Introduction

Swimming has many benefits and applications in life, making it an important life skill everyone needs to learn whether as a child or an adult. Swim lessons are not only a fun interactive way of making children water safe, but they teach valuable skills that can be applied in other areas of life.

Primary	Junior Secondary
Water Confidence	Water Confidence
Water Safety	Water Safety
Breast stroke	Breast Stroke
Back stroke	Front Crawl
Front Crawl	Butterfly stroke
Sculling	
Survival Skills	
Treading Water	
Introduction of butterfly stroke	

### Aims

At Start-Rite Schools, we aim to:

- enable all our students become competent, confident swimmers;
- provide a safe environment for children to learn to swim;
- develop water confidence;
- make swimming an enjoyable and challenging physical experience;
- provide children with the opportunities to experience different types of swimming strokes; and
- enable all students to meet the minimum 25m swimming requirement.

### Roles and Responsibilities

The role of the class teacher includes:

- Ensuring that children do not eat within an hour before swimming.
- The welfare of children in changing room;
- Overall maintenance of good discipline;
- Counting children into and out of the building and recording these numbers so that they are visible;
- Marking the attendance register;
- Confirm attendance levels and any relevant medical information with the swimming instructors.

The swimming instructor will:

- Be a certified swimming coach with at least 2 years of experience
- Have relevant First Aid training
- Make sure all children and teachers know safety drills.
- Have all equipment ready and in the correct place in the teaching area.

- Consult with the accompanying teacher and agree arrangements to be made about the provision for children with special needs and confirm risk assessment.
- Ensure children know the procedure for the start/end of lesson, their grouping and assigned area of pool and teacher.
- Organise classes according to:
  - Class numbers.
  - Pupil ability.
  - Numbers of teachers/adult helpers
- Adhere to health and safety requirements.

### **Organisation and Guidelines for Teaching Swimming**

- Swimming at the Start-Rite Schools is timetabled.
- Children are not permitted to swim unsupervised or without an appropriate level of life guarding skill present. A life guard must be able to observe the water and remain on the pool side at all times.
- The supervising teacher must be on pool side in a position to see the whole group at all times.
- Teachers may act as instructors, life savers or escorts depending on the circumstances, but will always retain overall responsibility for the safety of the pupils.
- We encourage the children to use floats in the early stages of swimming.
- Pupils receiving medication or who suffer from conditions such as epilepsy or diabetes, which might affect their ability to swim, may require special arrangements, such as an additional adult. The swimming instructor must be informed of any medical issues before swimming commences. The School will discuss individual needs with the parents and may seek medical opinion.

### **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. Class teachers will also have to ensure the necessary adult supervision to ensure the children's safety as they journey to and from the pool.

### **Swimming Kit**

- Girls should wear a one-piece swimsuit and boys should wear swimming trunks (not baggy 'board shorts'). All children should wear a swim hat, with girls ensuring that their hair is tied up. Provision must be made for alternative attire for minority ethnic

### **Teacher/Instructor – Student Ratio**

The maximum numbers in the pool are:

- **1 adults to 10 children** – for swimmers who can swim 25 metre confidently. Children at this level must be able to put their feet on the floor at all times.
- **1 adult to 10 children** – for non-swimmers