



St Joseph's Catholic Primary School

Swimming policy

Approved by:	Nicola Hannett Headteacher	Date: February 2025
Last reviewed on:	December 2022	
Next review due by:	February 2026	

Why we provide swimming lessons at St Joseph's Catholic Primary School

- **To promote a valuable life skill:**

As an island nation with a wide range of rivers, lakes and canals, water is everywhere. At some point in their life, every child will be around water. By the time a child is ready to leave primary school they should be able to swim, know how to get out of trouble if they fall into water, know the dangers of water and understand how to stay safe when playing in and around it.

'Drowning is the third most common cause of accidental death in children.'

Swim England

'More than 400 people accidentally drown in the UK and Ireland EVERY YEAR and many more have non-fatal experiences, sometimes suffering life-changing injuries.'

Swim England

- **To meet the requirements of the National Curriculum in Physical Education;**

All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations

- **To develop the personal and social development of children and their health and well-being;**

How we will organise swimming at St Joseph's Primary School ?

Swimming at St Joseph's Primary School is time tabled throughout the school year as shown in the table below. Children, therefore, have the opportunity to develop and improve their swimming throughout the primary phase. Swimming lessons last approximately 30 minutes and count as one of the classes' weekly PE lesson. Children are transported to the Darlaston swimming pool in by coach. These coaches are all fitted with seatbelts.

Autumn 1	Year 3
Autumn 2	Year 4
Spring 1	Year 5

Spring 2	Year 4 and 5 swimming top up lessons
Summer 1	Year 2
Summer 2	Year 6

ROLES AND RESPONSIBILITIES

The role of the member of staff in charge:

- 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;
- Ensuring the water safety of all children and maintain a safe working environment;
- Confirm attendance levels and any relevant medical information with the swimming instructors;
- Make arrangements about the provision for children with special needs and confirm risk assessment;
- Adhere to health and safety requirements;

The role of adult helpers:

- The welfare of specific children in changing room. Supervision and oversight of designated child, ensuring the child understands and follows instructions.
- Consult with the member of staff in charge and agree arrangements to be made about the provision for children with special needs and confirm risk assessment.
- Adhere to health and safety requirements.

The role of the PE subject leader:

- To undertake a risk assessment of the school's swimming provision annually and monitor its implementation on an ongoing basis;
- To ensure that the law relating to SEND is followed whereby schools take all reasonable steps to avoid discriminating against pupils on the grounds of their disability.
- To maintain and keep a record of the pupils' swimming achievements inside and outside of school.
- To report to the governing body annually on the impact of the school's swimming provision.
- Ensure the recommended teacher ratios are adhered to.

- To ensure annual briefing sessions take place with all staff involved with swimming provision.

The swimming instructor will:

- Possess DBS clearance.
- Have full ASA Teachers Award or an STA equivalent as well as a life-saving award recognised by Health and Safety Unit.
- Possess a relevant First Aid certificate.
- 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.
- To assess and record pupil progress.
- Organise classes according to:
 - Class numbers.
 - Pupil ability.
 - Numbers of teachers/adult helpers

HEALTH AND SAFETY

It is essential that schools take note of and comply with 'Safe Practice in Physical Education' [BAALPE] which provides detailed, authoritative guidance on safety issues, including safety in swimming lessons and the DfE guidelines on educational visits. 'The duty of care for all pupils remains at all times with the accompanying teacher.' (BAALPE Safe Practice in Physical Education)

All staff will involved with swimming provision will have read the relevant BAALPE documentation.

Behaviour

The swimming pool is a place of work and should be treated as a classroom with the same rules regarding behaviour.

Attendance

All parents must ensure that their children attend all allocated lessons. As swimming is a statutory part of the National Curriculum. Parents do not have the right to withdraw their children from this statutory element of the National Curriculum. Parents of children with an EHCP (Education Health Care Plan) may wish

to contact the school SENCO and class teacher to discuss any additional support their child may need to be able to participate fully in swimming lessons. .

Older children are encouraged to be independent in terms of organising their swimming kits. Children who forget their swimming kits or cannot participate in the lesson for any reason will be required to attend and observe the lessons from the side of the pool. This is in line with the other aspects of the PE curriculum delivery.

Parents of children returning from an illness that would prevent them from swimming for a short period of time must provide the school with medical evidence of the illness in order that they may be excused from the lesson. Should a child not be able to swim for an extended period of time, a Doctor's letter must be provided.

Swimming Kit which school recommends

Girls should wear a one-piece swimsuit and boys should wear swimming trunks (not baggy 'board shorts as these can make swimming more difficult). 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 pupils when a request is made. We do not encourage beginner swimmers to wear goggles. Please see the exemplar parent information letter below:

CHILDREN WHO WISH TO WEAR GOGGLES IN A SCHOOL SWIMMING LESSON

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 even resulting in blindness 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 30 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 or from local baths/leisure centres. 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." If you wish your child to wear goggles in the school swimming lessons please make this request in writing to the school.

GOGGLES

I, as parent/guardian of

I acknowledge that I have received and read the notes of 'Advice To Parents Whose Children Wish To Wear Goggles In A School Swimming Lesson'.

SignedDate.....