

Monday 11<sup>th</sup> September 2017

Dear Parent/Carer,

**Primary School Swimming Programme 2017/18**

I am delighted to inform you that this year your child will take part in the London Borough of Enfield School Swimming Programme as part of their statutory Physical Education entitlement. We hope that she/he will enjoy and benefit from the swimming lessons.

**When:** Every **Monday** (18<sup>th</sup> September- 29<sup>th</sup> January 2017)

**Where:** Albany Leisure Centre

**Time:** 1:30-2:00pm (Amber Class)  
2:30-3:00pm (Quartz Class)

**Please Note:**

**Quartz Class Parents**-The minibus will leave Albany Leisure Centre at 3:20pm and will aim to be back at school for 3:35pm, depending on traffic.

The Enfield School Swimming Programme aims to achieve the following objectives:

- To develop water confidence and water safety skills;
- To master basic stroke techniques;
- To participate in enjoyable social activity;
- To participate in activities, which can help improve health and fitness;
- To provide opportunities to participate in appropriate progressive challenges through the Enfield Award Scheme

The clothing requirements for the programme are as follows:

**Girls:** A one piece swimming costume  
**No bikinis or wetsuits please.**  
A swimming hat for long hair  
A towel

**Boys:** A pair of trunks.  
**Swimming shorts or sports shorts that are loose fitting or finish below the hip are not suitable, because they can hinder a pupils progress, fall off, or fill up with air and tip the pupil over.**

A swimming hat for long hair  
A towel

**Underwear must not be worn underneath the swimming costume or swimming trunks**

The swimming costume, towel etc should have a name tag clearly visible and carried to school in a waterproof or plastic bag.

It remains our policy that **no jewellery** should be worn in the swimming pool. All jewellery should be left at home as the swimming instructors cannot take responsibility for these items.

No Footwear other than verrucae socks should be worn.P

The use of goggles is not recommended as they can be dangerous and cause eye injuries. Written parental consent is required if you would like your child to wear them. This letter should be given to the swimming instructor at the start of the swimming programme.

### **Medical conditions and illness**

Please make sure that the class teacher and the swimming instructor are aware of any medical conditions. All medication including, asthma pumps, must be brought to each swimming lesson and marked with the pupil's name and school. Please note that if your child has a serious medical condition a doctor's letter may be required to allow your child to take part. There are very few conditions which prevent children from swimming and provided everyone concerned is fully informed about the particular problem much can be done to ensure children learn to swim with confidence in a safe environment.

If your child has a newly formed verruca they may still continue swimming, but will need to wear a plastic sock. These are available from most chemists. Older verrucae will need specialised treatment and further medical advice should be obtained.

Please ensure that your child is aware that the swimming pool can be a potentially dangerous area and the importance of adhering to the pool and school rules is important.

I hope your child enjoys the swimming experience and benefits from learning this essential life-skill.

Yours sincerely

A handwritten signature in black ink that reads "Jan Hickman". The signature is written in a cursive style with a large, looping initial 'J'.

Jan Hickman

Strategy Manager – Physical Education and Sport