



Swimming Policy

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The school believes that the teaching of swimming, experienced in a safe and supportive environment, is a vital and unique contributor to a pupil's physical development and well-being. The swimming programme is intended to provide for pupils' increasing self confidence in their ability to manage themselves and their bodies within water. Swimming is a vital life skill promoting an active and healthy lifestyle. It is a survival skill, allowing children to be safer around water and to be able to participate in other water sports.

Progressive learning objectives, combined with sympathetic and varied teaching approaches, endeavour to provide stimulating, enjoyable and challenging learning situations for all pupils. Through the selection of differentiated and logically developed tasks, it is intended that all pupils, irrespective of their ability, will enjoy success and be motivated to further develop their individual potential.

We regard the well-being, behaviour and achievement of every group of pupils to be of equal importance and aim to meet each individual's diverse needs. This is reflected in the curriculum we teach and the ethos we promote. We value and reward the achievement of all pupils equally. We have high expectations of behaviour and co-operative participation for every group in school. We aim to involve parents from every background and believe this is a significant benefit to the school.

Physical value of swimming

Fitness and health

- Aerobic nature of swimming
- Building stamina
- Strength building

Personal safety

- Survival skills of treading water and knowledge of survival techniques
- Self-knowledge of capability in water
- Knowledge of water hazards and consequences of careless actions

Aims

- That the safety of pupils should be a priority at all times
- That all Y5 children will achieve that National Curriculum certificate and can swim 25m in a variety of strokes

Routine practices

The school uses the pool at Silcoates School which is a short walk from St Paul's School.

The programme for two swimming tuitions takes place on Tuesday afternoons:

First Group

12:40	12:45	Swimming Register
12:45	12:55	Walk to Silcoates School
12:55	13:05	Change for swimming
13:05	13:30	Swimming Session
13:30	13:40	Change back into uniform
13:40	13:50	Walk back to school

Second Group

13:05	13:10	Swimming Register
13:10	13:20	Walk to Silcoates School
13:20	13:30	Change for swimming
13:30	13:55	Swimming Session
13:55	14:05	Change back into uniform
14:05	14:15	Walk back to school

Staffing

There will be a minimum of three members of staff on poolside which includes at least one member holding the ASA Level 2 certificate for teaching swimming along with a current NPLQ or Rescue Test for Teachers and Coaches of Swimming. (As stated in Silcoates Swimming Pool Normal Operating Procedure document).

Procedure

- A swimming register is compiled each session by the member of staff in charge. The names of non-swimmers and reasons for non-participation are noted. Children with a note are excused and remain in school.
- If a child forgets swimwear a spare kit is provided by school.
- Shampoo, hairspray etc are not allowed.
- Children walk to the pool in pairs, in a column flanked by members of staff.
- One member of staff controls crossing the road
- On reaching Silcoates, the girls are escorted through the pool hall by a member of staff to the girls changing area. The boys enter by the main entrance to the boys changing area with a member of staff.
- The children are supervised while they change.
- A count of the children is made at the gate of St Paul's school before leaving and when lining up outside the pool on arrival.
- A count is made outside the pool before returning to school. A final count is made at school.

Hygiene

- Children with a foot condition such as a verruca are still allowed to go swimming but need to cover the affected area with a verruca sock or waterproof plaster
- Children are encouraged to dry themselves thoroughly and quickly
- Costumes must not be worn under school uniform

Dress

- There are to be no jewellery or watches worn in the pool
- Two piece costumes or long shorts are not to be worn
- Long hair **MUST** be tied back
- One swimming hat at the start of the year is provided by school

Health and Safety

- Children suffering from asthma are responsible for taking their inhalers to the pool and using them before the session if necessary. The staff will watch children with asthma.
- One-to-one observation is essential for children with epilepsy
- Children with ear infections, open wounds or heavy colds are not permitted to take part in the swimming session
- Toilets should be used before entering the pool
- There is to be **NO** running on the poolside
- There is to be **NO** shouting or screaming
- There is to be **NO** jumping or diving near other swimmers

One long whistle blast signifies the end of the lesson; three short blast means that the pool should be cleared and the lifeguard is going in. Three short blasts and a shout of Spinal and a touch of the back of the neck means stand still or move to the side if in deep water as a spinal injury is suspected and the lifeguard is going into the water.

The drowning alarm is for adult use only.

All adults should familiarise themselves with the safety equipment available on the poolside ie. First-aid box, poles, throwbags and lifebelts (fastened to the wall around the poolside) and the telephone (in the entrance foyer to the pool).

The swimming teacher is the life saver for the session (holder of the NPLQ or Rescue Test for Teachers and Coaches of Swimming. As stated in Silcoates Swimming Pool Normal Operating Procedure document).

No one is to enter the water without adult instruction.

The swimming teacher is to walk round the poolside at the end of the session to ensure that no child is left in the water and that all equipment used has been removed and returned to the store room.

A check must be made to ensure that all equipment is left in the correct place ready for use by the next group.

The swimming teacher is to lock the store room, the two doors to the changing areas and the main entrance into the pool.

Equipment

All equipment is available in the storeroom and from the case on the poolside. The pool should be left tidy.

Record keeping and Assessment

Continuous assessments are made by the swimming teacher. Certificates are awarded at the end of the academic year.

Teaching and Learning

Long term planning is set out in the scheme of work for Year 5.

Medium and short term planning is the responsibility of the qualified swimming teacher. Details of the lesson plans are supplied to the relevant members of staff before the sessions.

Bad weather provision

If the weather is very bad, eg heavy rain or snow, and the children are unable to walk to Silcoates swimming pool, they will remain in school with their class teacher and continue their normal school work.