



SWIMMING POLICY

Review Date: November 2019

1. INTRODUCTION

Swimming is an area identified within the Physical Education National Curriculum. The policy sets out the nature, entitlement and implementation of the teaching of swimming in our school.

2. AIMS

- To provide the best opportunities for Key Stage 2 children to be taught to swim.
- To introduce the reception children to swimming and start to develop water confidence.
- To meet the requirements of the National Curriculum
- To foster confidence and positive attitudes towards swimming, and exercise in general, in all pupils
- To make children aware of their own safety and the safety of others by understanding the principles and skills of water safety and survival.

3. PUPILS SHOULD BE TAUGHT TO:

- Pace themselves in floating and swimming challenges related to speed, distance and personal survival.
- Swim unaided for a sustained period of time over a distance of at least 25m.
- Use recognised arm and leg actions lying on front and back.
- Use a range of recognised strokes and personal survival skills [for example, front crawl, back crawl, breaststroke, sculling, floating and surface diving].

4. ORGANISATION

- Swimming is taught during Key Stage Two of this school in accordance with National Curriculum programmes of study.
- Lower Key Stage 3 classes are timetabled swimming throughout the whole year with those year 6 children who have not yet achieved the 25m National Curriculum requirement being offered top up sessions. Groups of reception children will also be offered weekly swimming sessions.
- Swimming takes place on a Tuesday morning and last 30 minutes.
- Children will be transported to Spalding swimming pool by Cropleys coaches.

5. EQUAL OPPORTUNITIES

All children have equal access to the Swimming Curriculum regardless of race, gender, creed or ability, in line with the school's policies on Special Education Needs [SEN] and Gifted and Talented [GT] children. This policy pays due regard to the Disability Discrimination Act. Equal access to all aspects of the swimming

programme will be available to all children. Any child with special educational needs will participate in all activities as far as possible according to his/her abilities, in consultation with the Special Needs Co-ordinator, parents and any special needs personnel. If for any reason it is not possible to provide swimming for a child then alternative, appropriate activities will be provided. Further guidance on integrating children with special educational needs can be found in 'Safe Practice in Physical Education' (BAALPE) p75 97. This document is chiefly concerned with safe practice.

6. ROLES, RESPONSIBILITY AND SUPERVISION

The 'duty of care' is the responsibility of the teacher, and all other adults concerned, from leaving the school building to returning there after the swimming session. At all times the teachers must accept the responsibility of 'the duty of care' and monitor, check and adjust as appropriate.

- a. Seat belts must be worn by all of the children on the coach travelling to and from the swimming pool. Head counts are essential when boarding the bus on departing both the school and the swimming pool before the return journey.
- b. Reception children will change in the large room in the ladies changing area. Key Stage 2 will change in the allocated school swimming changing area. An adult should be present at all times when children are in the changing rooms. No child should be left alone un-supervised in the changing area. Children should not be allowed to leave the changing area and enter the pool area without adult supervision.
- c. At all times when children are in the water there will be an adult from school on poolside. Lifeguards on poolside are present in the big pool and the learner pool. All rescues and emergency clearances will remain the lifeguards' responsibility.
Each teaching group has a qualified teacher or a specialist swimming instructor who has full responsibility of authority during the 30 minute lesson.
- d. Guidance on teacher/pupil ratios are as follows:

Non-swimmers/Beginners	12:1
Improving swimmers	20:1
Mixed ability groups	20:1
Competent swimmers	20:1
- e. The teacher/instructor must be suitably dressed for comfort and ease in teaching and should operate from a vantage position of the side of the pool, and not in the water. The teacher/instructor must supervise and have the whole group under observation at all times. When glare is a problem the teacher/instructor must be able to see the children at the bottom of the pool at all times. From their teaching position teachers/instructors must be able to carry out any rescue procedures in an emergency.
- f. Discipline and conduct must be of the highest possible standard and the main rules to be observed are as follows. Regular opportunities for the children to hear and discuss these rules must be given.
 - i. Children must be under the control and instruction of the teacher/instructor at all times;

- ii. No running on the side of the pool;
- iii. Quiet behaviour at all times;
- iv. Children must not chew anything during the lesson;
- v. No jewellery (see full PE policy) to be worn in the swimming pool;
- vi. No child must enter the water unless instructed to do so;
- vii. Immediate response to all signals and directions;
- viii. Entry into the water should be careful and consideration should be given to each child's individual needs;
- ix. Counting the children before and after a lesson is essential;
- x. An emergency pool clearance system by whistle from the lifeguard or teacher/instructor is adopted;
- xi. Children should know how to communicate with the teacher/instructor when things do go wrong. Hand up gives notice of help needed;
- xii. Operating a system or working in pairs is a useful safety check, but the teacher/instructor still has the overall supervisory responsibility;

7. SAFETY ISSUES AND QUALIFICATIONS

- a. The pool's NOP's and EAP's have been copied and will be followed.
- b. Lifeguards are all qualified for rescue and first aid
- c. Specialist swimming teachers employed through the pool have swimming coach qualifications and teachers from school have passed ASA Teaching of Swimming Course.
- d. There is a life saving equipment, a safety pole, buoyancy aids, throw bags and first aid equipment including a blanket and spinal board immediately available on poolside.
- e. A telephone is available for emergency contact.
- f. Pool depths are indicated on the walls and teachers/instructors should explain their significance.
- g. Children learn to swim more quickly in warmer water and lesson times should be reduced if the water is colder than usual for any reason.

8. WATER ENTRY

All entry into the water should be under strict supervision of a teacher or swimming instructor. Teachers should be conscious of the dangers involved in the act of entering the water and a pupil should be capable in working in the depth of water to be entered. The following points should always be considered:

- a. Adequate space is ensured for each child.
- b. An area for formal diving is clearly defined and no swimming is allowed in this pool. No diving in 0.9m shallow pools.
- c. The practice of prolonged swimming under water is not recommended.
- d. For diving, practices should be carried out in small groups to maintain the pace of the lesson.

9. MEDICAL CONSIDERATIONS

- a. Teachers should be aware of children unfit in any respect, e.g. skin ailments, bad ears, feeling unwell. In this case a letter from the parent will be given to the teacher so that the child may be excused from swimming on that day.
- b. Teachers will be aware of children with medical disabilities. Where necessary one to one support will be given to those children who need it.
- c. Rules of hygiene must be followed, i.e. use of handkerchief, lavatory, footbath and/or shower before entering the water. Children must dry themselves properly afterwards
- d. Medication such as asthma sprays will be carried to the pool and on to pool side.

10. REGISTRATION

- a. A registration will be taken every week before the children leave the school building.
- b. When arriving at the swimming pool the teacher in charge will sign in with the name of the school and the number of children swimming on that particular day.
- c. The Authority should be informed of any prolonged failure by schools to take up allocated time at the swimming pool so that other schools may fill vacancies.

11. ASSESSMENTS

- a. Teachers will follow schemes of work for non-swimmers and beginners with activities from the ASA national plan for teaching swimming documents.
- b. Assessments are made regularly to assist in planning for individual needs.
- c. Tests are given when and where appropriate to award badges for achievement in distance and water skills.
- d. Certificates will be given weekly for those children who have made special effort or achieved, reinforcing positive attitudes to learning.

12. DOCUMENTATION

This policy was formed with reference to NC Statutory Orders 1995 and the BAALPE Safe Practice in Physical Education Millennium Edition document.

Signed on behalf of the Governing Body _____ Headteacher

Date: _____