



School Swimming Policy

(TO BE READ IN CONJUNCTION WITH THE FOLLOWING DOCUMENT: Bucks Learning Trust Safe Practice in School Swimming Policy)

Introduction

At Foxes Piece School swimming is taught in accordance with the National Curriculum.

Swimming instruction will be provided in Year 3, 4 & 5 and will take place in a block of 10 lessons in each term of the school year, one term per year group. This will take place at Court Gardens swimming pool and will be carried out in line with the Safe Practice in School Swimming and Water Safety document. Swimming is a vital life skill. As our school is situated in the proximity of the River Thames, we consider that learning to swim is essential.

Our objective, by the end of year KS2 is for all children to be able to:-

1. Swim competently, confidently and proficiently over a distance of at least 25 metres.
2. Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke).
3. Perform safe self-rescue in different water-based situations.

Our swimming instructors will assess the ability of each child and place them in a teaching group to extend their skills in all areas of water confidence and swimming.

Safe Practice in School Swimming and Water Safety

Although swimming is an enjoyable but important life skill, it carries with it danger and requires utmost care by all concerned. This document is a summary of the important key points to note when taking children swimming.

Before the visit, you should be aware of:

- Risk assessment for the pool and session used. Individual risk assessment if taking children with disabilities.
- Normal Operating Procedure (eg designated number of bathers capacity for pool). A copy should be held at the school.
- Emergency Action Plan
- Conditions of hire – if relevant.
- Pool rules
- Any additional needs or medical conditions of pupils, with risk assessment for these.
- Where possible, Primary school teachers should accompany their own class as they carry specialist knowledge of their pupils.

'It is important that personal survival skills are taught. Students should understand the effects and dangers of cold water, their ability to assess a survival situation and the application of the principals of personal survival.' 'Swimming in clothes differs considerably from styles and techniques used in normal swimming lessons. Students should be taught how to conserve energy and body heat through the use of gentle swimming movements and holding particular body positions. Wearing everyday clothing helps simulate real situations.' (AfPE Safe Practice in Physical Education and Sport 2020 Edition)

Swimming at Foxes Piece School.

Physical Education including Swimming is a National Curriculum Foundation Subject and thus STATUTORY.

From September 2014, all schools must provide Swimming instruction in either 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 25m
- Use a range of strokes effectively, such as front crawl, backstroke and breaststroke
- Perform safe self-rescue in different water-based situations

The ASA recommendation is that pupils will receive a minimum of 25 hours of school swimming lessons before the end of key stage 2.

At Foxes Piece, swimming is taught throughout the school year to Year 5, 4 & 3 pupils.

Swimming Clothing and Equipment

Pupils should wear appropriate costumes for swimming that conform to safety, cultural and teaching requirements. Swimming hats must be worn and all jewellery removed. Where children may not be able to remove earrings, these must be taped.

It is important that swimming clothing is relatively tight fitting so as to minimise the effect of drag that water-logged clothing can create. Sensitivity is required to ensure the correct balance when cultural demands require looser fitting garments (working with leisure providers to accommodate needs) and the need to be able to see the movements that limbs and joints are making in the water to ensure appropriate learning.

Verruca socks should be worn if a child has a foot infection.

Goggles can be used but children must be taught how to put them on/off correctly by the swimming staff.

When using the single sex changing facilities, staff of either gender can supervise.

Teacher Pupil Ratios

The ratios below are guidelines set by the Amateur Swimming Association for Swimming Teachers holding an ASA/UKCC Level 2 Certificate for Teaching Aquatics Qualification.

There must be a qualified pool lifeguard present during the session. Teachers must work with the lifeguard to ensure safe conduct at all times. The best qualified teacher/instructor should teach the least able pupils.

The school always provides at least one first aider.

Teacher/pupil ratios as follows:-

<i>Non- swimmers 12:1</i>
Young children being introduced to swimming who are unable to swim 10m unaided on front and back.
<i>Improving swimmers 20:1</i>
Swimmers of a similar ability to each other who can swim at least 10m competently and unaided on their back and on their front. It is recommended that the lessons be confined to an area in which the children are not out of their depth.
<i>Mixed ability groups 20:1</i>
Pupils with a range of ability (from improving to competent) where the least able and least confident are working well within their depth. Swimmers techniques, stamina and deep water experience should be considered.
<i>Competent swimmers 20:1</i>
Those swimmers who can swim at least 25m competently and unaided on front and back and can tread water for 2 minutes.
<i>Competitive swimmers 30:1.</i>
Training only with very competent swimmers
<i>Swimmers with disabilities-various</i>
Each situation must be considered individually as people with disabilities are not a homogeneous group. Care must be taken to ensure that there are sufficient helpers in the water to provide 1:1 ratio for those needing constant support and a sufficient number of other helpers to provide the degree of support required by the range of disabilities within the group. Individual risk assessments must be undertaken so that the teacher in charge of swimmers with disabilities can be aware of the particular needs of each child.

All staff must read the following documentation prior to taking part in Swimming lessons from the swimming venue.

Risk Assessment

Normal Operating Plan

Emergency Action Plan

Approved by the Governing Body (date)

Signed

Position

Appendix 1 – Pool Rules

Children should be reminded at the start of each term, ideally when the emergency procedures are tested and checked with children.

- Children can only go onto poolside when a member of staff is present
- Children must only enter the water when instructed to do so
- Children must walk on poolside
- Food is not allowed to be consumed on poolside
- Children should wait quietly
- Jumping in or diving in is only under instruction
- Pushing is never allowed
- Acceptable play only and any deliberate splashing or unsafe play will result in swimming sanctions.
- Jewellery to be removed
- Bare feet on poolside
- Swim caps to be worn if requested
- Everyone leaves the pool on one long blast of the whistle
- All instructions from staff to be obeyed promptly.

Appendix 2

Safety Procedures

General guidelines for supporting staff:

- Never leave the poolside unattended
- Never turn your back on the pool or engage in any behavior which results in not watching the pool when on lifeguard duty.
- Divide the area up into zones and use techniques to constantly scan the area, counting heads, watching out for vulnerable or wear swimmers
- Keep alert

Emergency Guidelines

If using a fully supervised pool, staff should follow the guidelines of trained personnel.

Appendix 3

Child Protection

The school has their own child protection procedures and so too should the pool. It is important that the pool procedures relate to those of the school. Each school and pool being used by the school should establish a protocol identifying the relationship between their respective procedures. Ideally this should be within the conditions of hire.

Each pool should have a designated person with responsibility for child protection who should liaise with the designated teacher in the event of a concern about a child. The name of this person at the pool should be publicised to school and public users in order that concerns can be reported to them.

All persons working with children within school should have a DBS Disclosure. Where family helpers are used to support with swimming sessions and following our safeguarding guidelines previously outlined, they should be accompanied and the presence of a member of staff and at no point left alone with a child, including their own.

Care should be taken in changing rooms to ensure that the appropriate ratios and, where possible, gender of staff are present to supervise the children and that children are safeguarded from members of the public.

Staff must report any unexplained marks or bruises noticed on a child during changing to the schools designated person immediately.

When supervising children changing or assisting them with their swimming, pool and school staff should avoid physical contact with children unless it is :-

- Essential to develop a swimming skill or technique
- To treat an injury
- To prevent an injury
- To meet the requirement of the activity (eg life saving)
- To lift or manually support a child with disabilities

In these circumstances the adult should explain the reason for the physical contact to the child. Unless the situation is an emergency the adult should ask the child for permission. If children have disabilities they and their families need to be involved in deciding what assistance should be offered and the child should be treated with dignity and respect.

Where children sustain an injury and any first aid is administered the families should be informed as soon as possible. Details should be recorded and retained by the school. Accidents and incidents which occur at a public pool should also be recorded by pool staff on their forms for their records.