



Swimming Policy

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Regional Director		Principal			Vice Principal		
Head of Foundation Stage		Head of Primary			Head of Secondary		

Swimming as Part of our PE Curriculum

To meet curriculum standards and develop essential swimming skills, we provide structured swimming lessons that promote health, safety, and confidence in the water.

We teach swimming to:

- Meet the requirements of the National Curriculum.
- Support the personal and social development of children and their health and well-being.
- Promote a valuable life skill.

Pupils should be taught to:

- Swim competently, confidently, and proficiently over a distance of at least 25 meters.
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situations

Participation

Swimming is an essential part of the Physical Education programme and a statutory requirement of the National Curriculum. To ensure all students benefit from swimming lessons, all are expected to take part in swimming lessons as outlined below:

- Parents must ensure that their children participate in swimming lessons. Withdrawal from this aspect of the curriculum is not permitted, unless the child has a documented Health Care Plan or a medical certificate issued by a licensed medical doctor indicating they are unfit to take part. Generally, if a child is well enough to attend school, they will be expected to participate in swimming.
- Children with authorized health exclusion will attend and observe the lessons from the side of the pool. This is in line with the other aspects of the PE curriculum delivery. If temperatures at the time are in excess of 36 degrees, then any non-participants will be assigned theoretical work by the PE teacher. Students will complete this work indoors under supervision.
- If, for any reason, a student will not be participating, parents need to contact their homeroom teacher or PE teacher directly.

Swimming Kit

To ensure safety, comfort, and full participation in swimming sessions, all students are required to adhere to the following guidelines:

Swimwear Requirements

- Girls should wear swimwear that is appropriate and suitable for swimming.
- Boys should wear fitted swimming trunks (loose or baggy board shorts are not allowed).
- Culturally appropriate swimwear is welcome, provided it is safe and suitable for swimming activities.
- A swimming cap is mandatory for all students during each swimming session.

Required Items

- Swim bag
- Towel
- Goggles
- Flip-flops or poolside footwear
- A set of extra dry clothes

Changing Facilities

To maintain privacy and safety, strict changing room protocols must be followed.

- Students change in the changing rooms/class bathrooms.
- Cubicle doors must be closed while the changing rooms are in use.
- Under no circumstances (other than to make a final check before locking the swimming pool doors) may a male enter the female pool changing room.
- From Year 3 to Year 12, females may not enter the male pool changing room unless in the case of an emergency, and vice versa.

Pre-swim Hygiene/Pool Operating Procedures

To maintain hygiene and safety, all swimmers must comply with pool entry rules and supervision requirements.

- All swimmers should wear a swimming cap.
- Swimmers with chlorine allergies, open wounds, skin infections or verruca may not enter the pool.
- Pool use may only resume upon presentation of a medical clearance certificate.
- The teacher in charge is solely responsible and accountable for recording the number of students, teachers and assistants in the swimming pool area at any one time.
- The teacher in charge must also make sure that the correct adult to student ratios is being adhered to at the beginning of every lesson as well as ensuring there is a lifeguard present at all times.
- The teacher in charge should ensure all areas of the swimming pool are supervised by staff at all times.

Records

To ensure accountability and safety, all injuries and incidents must be properly recorded.

- A record of all injuries, accidents and incidents are informed to the school nurse and then recorded by the nurse.

Pool Equipment

To ensure safe use, all pool equipment must be checked and maintained by PE staff.

Safe Staff:

To guarantee adequate supervision, strict adult-to-student ratios are maintained during lessons.

- A Lifeguard must be present at all times while the swimming pool is in use or whilst anyone is in the surrounding area of the swimming pool.
- The ratio of adults to children for students under the age of 7 is 1:12.
- The ratio of adults to children for students over the age of 7 is 1:20.
- The lifeguard is not included in the above adult to student ratio.
- For Year 1 to Year 12 there will be 1 swimming teacher taking responsibility (Teacher in Charge) and 1 swimming assistant for each lesson.
- The adult to student ratio for any SOD students is 1:1.

First aid arrangements

To provide prompt care, first aid resources and trained personnel are always available poolside.

- A complete and updated first aid kit is readily available in the pool area. This will be checked by the school nurse once a month.
- The Lifeguard or Teacher in Charge will attend to any minor injuries including small cuts, bumps or falls as they occur. Any injury to the head or face area must be directed to the School Nurse.
- In the event of a serious injury, the Teacher in Charge will inform the School Nurse immediately and follow the Nurse's direction.

Diving

To promote safe diving practices, strict rules and supervision are enforced.

- Diving is only permitted into the deep end of the main pool.
- Diving may only be undertaken under the supervision and instruction of the teacher in charge.
- Only standing, front entry dives are permitted.
- Divers must ensure the entry area is clear of other swimmers before diving and immediately exit the diving area once the dive is complete.

Use of Buoyancy Aids, Mats and Inflatables

To support training and recreational activities safely, equipment use is regulated.

- From time to time, kickboards, foam noodles and other floatation aids may be used for training purposes. Swimmers will use these for the purposes for which they were designed and intended and following the direction of the teacher in charge.
- Mats and inflatables are for supervised fun sessions only.
- Inappropriate use of any pool equipment will result in the equipment being removed and may lead to closure of the pool or a suspension of swimming privileges.

Emergency Procedures

To ensure quick and safe responses, clear emergency signals and protocols are followed.

- In the Event of an Emergency, 3 short whistle blasts will instruct all pool users to proceed to the side of the pool, exit the water and proceed to the assembly point.
- Students at the assembly point will be under the supervision of the Teacher in Charge while the Lifeguard assesses the extent of the emergency.
- While the Lifeguard takes appropriate action, the Teacher in Charge will telephone the School Nurse, Principal, and Facility Manager in that order.
- The Lifeguard may, at this point, instruct the Teacher in Charge to call the emergency services on 997, (Civil Defense) and/or 998 (Ambulance)
- All school staff will then comply with further instruction from the Principal, Nurse or Emergency Services.
- At the earliest possible opportunity, all staff concerned will record the incident in detail by filling out an incident report document.

Suspected Spinal injuries

- Suspected spinal injuries must be handled with caution and great care, to prevent further injury to the casualty.
- Responders to suspected spinal injuries must have received previous medical training in spinal injury (Nurse or certified First Aider).

Emergency Evacuation Procedure

To protect everyone during emergencies, the pool area is evacuated safely and efficiently.

- In the event of an emergency in the swimming pool area or the whole school alarm sounds, the Teacher in Charge will evacuate the pool by signaling with three short bursts of their whistle.
- The teacher will lead the class to the emergency evacuation meeting point.
- The Lifeguard will remain in the pool area after the class has left and complete a final check of the pool, pool area and changing rooms. It is the Lifeguard's responsibility to ensure no students or teachers remain in the pool area.
- Before leaving the pool area, the Lifeguard will secure and lock the pool doors.