

## Swimming Policy

### Aims:

At Granby Primary School we aim to enable all our pupils to become competent, confident swimmers. Therefore we ensure that children are given the opportunity to meet the requirements of the National Curriculum for Physical Education related to swimming.

We aim to:

- Provide a safe environment for children to learn to swim;
- Develop water confidence;
- Make swimming an enjoyable and challenging physical experience;
- Provide children with the opportunities to experience different types of swimming strokes; and
- Enable all pupils to meet the minimum 25m swimming requirement by the end of Key Stage 2.

### Curriculum:

All children have equal access to the swimming curriculum regardless of race, gender or ability and in line with the school's policy on Special Educational Needs (SEN). Swimming develops children's overall physical health and fitness and encourages them to maintain a healthy life-style in later life.

#### **The National Curriculum requires that for Key Stage 2:**

Pupils are taught to pace themselves in floating and swimming challenges related to speed, distance and personal survival. They are taught to swim unaided for a sustained period of time over a distance of at least 25 metres. The children use recognised arm and leg actions and a range of recognised strokes and personal survival skills.

### Organisation and guidelines for teaching swimming:

- Swimming at Granby Primary School is timetabled throughout the school year for children in Key Stage Two. It is 6 hours delivered over 8 sessions.
- In order for the school to meet the requirements of water safety and adequate supervision at the poolside it is compulsory to have a ratio of one lifesaver to twenty children (1:20). The minimum recommended qualification is provided by the Leicestershire Schools Swimming Association and consists of a one day course available to all teachers. We have a number of staff qualified within the Leicester City Swimming Guidelines and assessment levels. The school employs at least one fully qualified swimming instructor who has taken the Leicester City swim test (Andrew Clifton, Dale Cross, Linda Broadhead, Lisa Coombs, Lisa Jarvis, Mike Gilding, Oliver March, Peter Fowler and Sam Harris.. It is also a requirement to have at least a Bronze Medal Lifesaver at the poolside and an instructor can be provided by County Direct Services.
- The supervising teacher must be on pool side in a position to see the whole group at all times.

- Teachers may act as instructors, life savers or escorts depending on the circumstances, but will always retain overall responsibility for the safety of the pupils.
- Pupils receiving medication or who suffer from conditions such as epilepsy or diabetes, which might affect their ability to swim, may require special arrangements. The swimming instructor must be informed of any medical issues before swimming commences. The School will discuss individual needs with the parents and may seek medical opinion.
- The children will be supervised by parent helpers and at least one member of staff whilst in the changing rooms. It is preferable to have a male and female member of staff for obvious reasons.
- Letters sent out to the Year groups taking part in the swimming programme must have a declaration signed by a parent on the return slip, verifying the distance their child can swim.

Additional swimming sessions will be provided for those year 5 children for whom swimming 25m remains a challenge.

### **Assessment and Record Keeping**

The swimming ability of the children will be assessed at the beginning of a unit of work by the swimming instructor and recorded. Records will be kept of the progress of individual pupils throughout the unit of work. Certificates are used to reward children's achievements, and these achievements are celebrated during our assemblies.

### **Goggles**

Goggles are not needed for everyday swimming. It should be remembered that in the event of a child being involved in a hazardous water situation it is extremely unlikely that he/she would be wearing goggles. It is highly desirable therefore that each child learns to swim without being dependent on goggles. Goggles may cause injuries even resulting in blindness if a child is knocked on the goggles when swimming or diving or putting them on and removing them. Goggles do not keep all water out of the eyes. Goggles often steam up for the first few minutes after putting them on.

School swimming lessons usually last for about 45 minutes. The children swim in large numbers and sometimes in crowded conditions. Beginners do not always have full control of arm and leg movements. These factors may increase the possibility of being hit on the goggles. Goggles are held in place by tight elastic and are made of hard plastic.

The use of goggles is advisable only when there is excessive reaction to the chemicals in the water and where the swimmer is involved in lengthy training sessions. In these cases goggles may reduce the effect of contact of the eyes with the water a little.

It is necessary that parents sign a permission slip accepting full responsibility in the event of loss or accident from their child wearing goggles and that parents have taken the responsibility to show their child the correct way to put on and take off goggles safely.

If goggles are used they should **bear the British Standards Institute Kite-Mark.**