



Swimming Policy

Introduction

Eversholt Lower School is extremely fortunate to use the village swimming pool that the children can access for PE lessons during the summer term. We strongly believe that swimming is a life skill and every child should be taught to swim.

There is water everywhere, be it in the home, ponds, in the local park or at the beach on holiday, and children can drown in as little as 5cm of water. Swimming not only benefits children's health and fitness but also develops confidence, stamina and persistence.

In our swimming lessons, our primary aim is that children are taught how to keep safe in and around water and feel confident in the water. We aim to introduce swimming strokes and techniques once children are confident and able. Every child is different and will progress at different rates. School swimming lessons are limited by time constraints and thus are **not** intended to replace formal swimming lessons.

A trained swimming coach conducts swimming lessons, and a qualified lifeguard is always present. Swimming is not a statutory part of the Early Years or KS1 curriculum and is therefore regarded as an enrichment to the curriculum, and participation is optional. At KS2, it forms part of the National Curriculum, and therefore lessons are compulsory.

The maintenance and upkeep of the pool is the responsibility of the Eversholt Pool Committee and their employed Manager. The school play a role in following all guidelines set by them. There may be times when health and safety reasons, maintenance of the swimming pool or weather results in lessons being cancelled.

Aims

This policy aims to set out all the schools procedures related to swimming lessons in school. This policy should be read in conjunction with the following documents:

- **Safeguarding Policy**
- **Health & Safety Policy**
- **Intimate Care Policy And Swimming Policy**
- **Swimming Volunteer Guidelines**
- **Swimming Risk Assessment**
- **Safeguarding Procedures**

The Risk Assessment document for swimming is reviewed annually and includes assessing and considering children who require special attention, educational needs or disabilities or medical needs.

Swimming Lessons

- All classes will have the opportunity in the summer term to swim.
- A qualified coach will run the swimming sessions at the pool with a qualified lifeguard and the class teacher.
- All incoming staff hold the appropriate DBS checks.
- DBS checked swim volunteers assist with help in the changing room, at the poolside and in the pool as set out below:

Reception Classes:

One swim volunteer in each pupil changing room and one volunteer to assist in the pool if necessary.

Yr 1&2:

One swim volunteer in each pupil changing room and one volunteer to assist in the pool if necessary.

(In Star and Moon class, we will need 3 volunteers per session for the lesson to go ahead)

Yr 3&4

Lessons are covered by school staff.

Pupil Behaviours in and around the pool

The school's exact expectations for behaviour are expected in the changing room, at the poolside and in the pool.

Pupils must listen and act as directed by staff and swim volunteers at all times.

Any behavioural issues arising in the changing rooms and poolside supervised by volunteers should be referred to the class teacher in the first instance.

Health & Safety and Emergencies

- The responsibility for pupil safety at the poolside is that of the teacher.
- In an emergency, the lifeguard will sound the whistle and decide on calling the emergency services or the school office.
- All supervising adults must familiarise themselves with the emergency procedures.

Swimming Kit

- All children will require a towel and plastic bag for wet clothes.
- All items **must** be labelled with a name.
- Girls must wear a one-piece costume, no bikinis or tankinis.
- Children may wear a swimming hat and goggles for swimming if they wish.
- All jewellery and watches should be removed before swimming.
- Joggers and a sweatshirt are advisable for the children to wear after their swimming lesson.
- Children with long hair are advised to bring a butterfly clip to hold their wet hair off their backs after the lesson.
- If a child forgets their swimming kit, then they will not be able to swim.

Changing rooms

- There are two pupil changing rooms at the poolside (M & F).
- Toilet facilities are located in each changing room.
- Adults (teachers, TAs, swimming coach, lifeguard and swim volunteers) **must** use the cubicle facilities or use the disabled facilities provided. They must not change in front of the children.
- Their helper will accompany any child who has one-to-one support in the changing room.
- Under the direction of the class teachers, **one swim volunteer** will supervise each pupil changing room at all times. At all times, for their own protection, Swim Volunteers should be in clear sight.
- The role of the Swim Volunteer is to organise the children in the changing rooms to change quickly and move out onto the poolside where the class teacher will be waiting to receive them.
- The first arriving group should be allocated one half of the changing room by the volunteers, leaving space for the next class to arrive and change in the other half of the changing room (whilst a class are in the water).
- It is the responsibility of the swim volunteers to keep the changing room organised and running smoothly. They will help the children put clothes on pegs or in bags, so clothing items are not misplaced.
- It is expected that children will change for swimming **unaided** in the same manner for PE.
- Swim volunteers in the changing room may aid with changing by the passing of towels and clothing but should not put clothing items onto a child except where directed by a teacher or TA to do so.

Eversholt Lower School is committed to safeguarding and promoting the welfare of children and expects all staff, parents, visitors and volunteers to share this commitment.

- Swim volunteers **should not** help children with swimming costumes/trunks or underwear - children should be encouraged to do this for themselves, and if extra assistance is required, then **a member of school staff should be called to help the child.**
- It is expected that Swim Volunteers will assist with swimming hats and goggles.
- Special arrangements will be made for pupils who wish to change separately for medical or religious reasons, and this will be made known at the beginning of the session to any Swim Volunteers.
- If a child needs to be washed or changed in the changing room (before or after swimming), this should be done following the schools Intimate Care Policy, and a Swim Volunteer present must contact the teacher present so that the teacher can aid the child. Swim volunteers should not attempt to wash or clean a child themselves.
- Only staff of the appropriate gender should enter the changing room, where possible, unless in an emergency.
- Any concerns about a child they may have because of something they see or hear whilst in their care must be reported to the Designated Safeguarding Lead, Mrs Gaynor Miller, following the schools Safeguarding & Child Protection Policy.

Poolside and in the pool

- The pool will be supervised when children are present at all times by the teacher and the lifeguard.
- The swim volunteers assigned to the pool will be expected to get into the water and act under the direction of the Swimming Instructor and class teacher.
- Swimming volunteers in the water **should not** have physical contact with a child unless directed to do so.

Physical contact may be permitted when it is to meet the requirement of the activities below:

- Immediate assistance required to safeguard a child in the water (lifesaving)
- To administer immediate first aid to treat or prevent injury
- Holding a child under qualified supervision to teach a swimming skill or technique
- Swimming volunteers should act following the policy where possible but should use common sense in an emergency to preserve life at all times.

Minor Medical Ailments

- If a child is at school, it is expected that a child is fit for swimming.
- Children may still swim with a verruca. Swim England discourage the use of plastic socks; you may provide your child with wet shoes that can be worn from the changing room to the poolside.
- If a child has had a recent ear infection, a parent/carer should discuss with their doctor if swimming is advisable and notify the class teacher.
- Plasters and bandages should be removed before swimming as they fall off in the water and block the pool filter system.

First Aid

All first aid matters at the pool will be referred in the first instance to the class teacher or lifeguard.

Event of an Emergency

The lifeguard will follow agreed procedures and will have access to a phone at all times.

Canceling Swimming lessons

Notice will always be given to parents where possible when a swimming lesson will be cancelled. A message will be sent by email or text as soon as possible.

Due to the availability of the coaches and lifeguard, it will not be possible to reschedule lessons.

Swimming will be cancelled if under the following circumstances:

- Adverse weather. It is still safe to swim in moderate rain.
- Essential pool maintenance
- Insufficient swim volunteers to run swimming as per the guidelines in this policy
- No lifeguard
- No swimming coach

Swimming Volunteers

- Swimming lessons for Early Years and KS1 at Eversholt Lower School cannot operate without the required level of swim volunteers as specified above.
- All Swim Volunteers must have a current school DBS check before being put on a swimming rota. Please see the school office if you do not have one.
- The Swim Volunteer session begins at 12.50pm and finishes at 2.10pm. Early years on a Friday and KS1 on a Monday.
- Volunteers must stay for the whole session.
- Swim volunteers **must not** bring younger siblings to the swim session under any circumstances

This policy states that Swim Volunteers:

- Must inform the school office as soon as possible if they cannot attend the session to give enough time to find replacement cover.
- At all times, follow the instructions in this **Swimming Policy**
- Must switch off their phone when entering the pool and keep the phone out of sight for the duration of their time volunteering.
- If a volunteer needs to be contacted in an emergency, they must give the pool phone number or the school one, and a message will be delivered.
- A swim volunteer will be assigned to the changing room of their gender wherever possible; however, they may be asked to help in either changing room.
- Must consult the class teacher in the first instance if they have any issue with a child that needs immediate attention.
- Should never end up in a position where they are alone with a pupil.