

School Swimming Programme September 2023 - July 2024

I would like to take this opportunity to list the rules that all the schools and parents need to adhere to.

Swimwear:

In line with the Swimwear Policy of the swimming pool, we do ask the following;

Girls- Must wear a full piece costume – No tankinis or bikinis

Boys – Must wear swim trunks or swim shorts and these must have the netting on the inside.

We do allow children to wear Rash vests as well.

Swim Caps:

These are mandatory and must be worn. There are many reasons as to why we ask the children to wear hats; the hair tied up out of their way in a swim hat will ensure that the children can swim clearly without any hair getting in their faces.

The hats can be purchased at reception on the day of their swimming lesson and they are £2.00.

Should parents wish to, they can come down to the centre in their own time and purchase a white swimming hat so that they can practice putting it on at home.

We would always advise that before wearing a hat, that you wet it and stretch the hat gently so that it is easier to put on.

Should any of the parents have any concerns about their children wearing a swimming hat, such as sensory processing issues then we would need a letter from the parent of the child on the first day of their swimming lesson to explain why they cannot wear the hat, this letter must be signed by the parent.

Goggles:

Goggles can be worn, however during some of the activities the teachers will ask the children to remove their goggles so that the activity can be completed.

If a child has to wear goggles because of a medical reason (for example they need prescription goggles) then this must be made aware at the start of the term.

Jewellery:

No Jewellery is allowed to be worn during the swimming lesson; this includes earrings, smart watches, bracelets and necklaces.

We cannot allow jewellery to be worn during the lessons as we run the risk of a child losing the jewellery or a piece of jewellery potentially causing injury to another child or the child wearing it.

We will not accept plasters in the pool to cover up earrings, as they tend to come off in the water.