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14th September 2020

Dear Parent/Guardian,

RE: SWIMMING PROGRAMME FOR YEAR 4

As you may be aware, your child will be involved in the swimming programme of the school. This is an important aspect of the National Curriculum and one in which your child must take part except for exceptional medical reasons. Under these circumstances, your doctor or hospital consultant will need to write a letter to explain why your child cannot be involved in swimming.

As far as minor ailments are concerned, if you consider your child to be well enough for school then we expect they are well enough for swimming. Under no circumstances may a child accompany the rest of the class to the swimming baths and stay on the pool side. This is for obvious health and safety reasons. Neither can we accommodate children in school as it causes disruption to the education programmes of other classes. You are, therefore, responsible for making alternative arrangements.

With this, is a letter from Manchester City Council Sports Development explaining the guidelines needed to implement the swimming programme. School is satisfied that all safety measures have been put into place following government and local guidance. Please read it carefully and ensure your child has the correct swimwear etc. **Please take note of arriving 'pool ready' and ensure your child has fresh underwear to put on after the lesson.** If you have any further questions, please do not hesitate to phone school and ask for help. I am sure you will agree that these points make common sense and that they are for the benefit of your child.

Please note that swimming lessons will now take place on Fridays between 1:50 p.m. – 2:30 p.m. This means that the class will be leaving the swimming pool as quickly as possible and we expect the children will return to school by 3:00p.m. We ask that you are patient with staff members as we continue to ensure that our children remain safe. We ask that you please, do not approach the coach, children will be dismissed from their playground as they are every day. We ask that you maintain your social distancing and join the que of parents.

As always, school will need parental consent as well as up to date medical information in order to take the children swimming. Please click [here](#) to give your consent.

Yours sincerely,

Mrs Clinton

MRS CLINTON
EXECUTIVE HEADTEACHER



ST. PATRICK'S R.C. PRIMARY SCHOOL
FORM OF CONSENT REGARDING THE SWIMMING PROGRAMME

September 2020

Dear Parent/Guardian,

Re: Manchester Primary School Swimming Programme 2020/21

On behalf of the School Swimming Team we would like to welcome you and your child to the Manchester School Swimming Programme. We understand that there may be some concerns given the current pandemic that the country is going through. We want to assure you that all safety measures are in place at all our facilities and are constantly being reviewed in-line with government and local guidance. All schools have been provided with an FAQ sheet that answers many questions that we feel schools will face from parents/guardians, including additional communication in the form of videos for each facility so that the staff and pupils are fully aware of what to expect when they arrive. All lessons will be taught in the same way as per previous years, with the focus on your child achieving the National Curriculum standard of –

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

Please see below the current policy in place for equipment including jewellery, goggles and swimwear.

Jewellery

It remains the policy of the School Swimming Programme that **jewellery** of any description should not be worn in the School Swimming lesson. It is important that **earrings** in particular are removed. The only exception to this rule is a medication identity bracelet. "AfPE 2.10.35 – personal effects, such as jewellery, religious artefacts, watches, hair slides and sensory aids including glasses, should always be removed to establish a safe working environment".

Goggles

Goggles are only permitted for medical reasons. Parents must produce a letter from either a Doctor or Optician to state that a child has a medical condition and is required to wear goggles in the school swimming lesson. Once again this policy is in place for safety reasons.

"AfPE 2.11.34 – Swimming goggles are recommended when swimming at competition level and for extended, regular training sessions. They can help to maintain the required body position and improve vision through the water. In contrast, within short curriculum swimming lessons (typically 20-25 mins) for beginners, or for single, short races in school galas, goggles are not considered necessary."

AfPE 2.11.5 – Students learning to swim or improving their swimming ability often do not swim in straight lines, and as a result, they might get close to, or come into contact with, other swimmers. If goggles are worn, any contact with others (eg the failing arm of a beginner learning a new stroke) might result in injury to both the swimmer wearing the goggles and those who are not. Feeling confident and safe in the water, and swimming underwater, should not be dependent on wearing goggles, neither are goggles designed for such activity, as the eye pressure cannot be relieved."

Clothing requirements for School Swimming are as follows: -

Girls: -

- One-piece swimming costume (not bikini)
- A swimming hat is required to be worn if the hair covers the eyes or any airways
- A towel

Please note that in order for your child to benefit from the swimming lessons, appropriate aquatic clothing must be worn. Should your child wish to wear items of clothing that cover up parts of the body, there are specific aquatic clothing designed for this purpose. Cotton leggings are detrimental to teaching and are a risk to health and safety.



Boys: -

- A pair of traditional swimming trunks. No Bermuda or long shorts are allowed, as these can be dangerous. - for reasons of safety, the swimwear should be sufficiently tight fitting to allow the freedom of body and limb movement without causing unsafe water resistance. In terms of the legislation that governs this we are guided by AfPE (Association for Physical Education) Safe Practice in Physical Education and Sport 2012 and Swim England (National Governing Body for Swimming)
- A swimming hat is required to be worn if hair covers the eyes or any airways
- A towel



We are wanting to limit the amount of time spent in changing rooms, therefore following the guidance of 'arrive pool ready' we are encouraging schools to bring pupils with swimwear on under their uniforms.

The School Teacher and Swimming Teacher must be informed of any **medical conditions** that might affect your child during their Swimming lesson (It is imperative that any medication required on poolside should be clearly labeled and brought to the lesson).

We would like to once again welcome you to the School Swimming Programme and wish your child every success in their future swimming.

Yours faithfully,
Manchester School Swimming Programme