

# **St Gabriel's C of E Primary School**



## **School Swimming Policy**

# Swimming Policy

## St Gabriel's C of E Primary School School Swimming Policy

<b>Current Review:</b>	Summer 2017	<b>Next review date:</b>	Summer 2018
<b>Committee approval</b>	Curriculum and Standards/ Full Governing Body	<b>Written by:</b>	M. Wotherspoon
<b>References:</b>	Previous Policy ASA guidance	Policies other Schools	

### Purpose

This policy has been written to provide a clear statement of aims, principles and strategies for the teaching and learning of swimming as part of the Physical Education programme. It is based on the legal requirements of the National Curriculum and guidance from the Amateur Swimming Association (ASA). At St Gabriel's school, swimming is delivered by professional swimming instructors, at the Queen Mother Sports Centre pool.

### Aims

At St Gabriel's our goal is to ensure that every pupil has the opportunity to participate in high quality school swimming, delivered by appropriately qualified teachers in a safe environment.

We aim to:

- Increase the water confidence of beginners
- Teach pupils about water safety
- Introduce different types of swimming strokes (breast stroke, back stroke, front crawl, butterfly and treading water)
- Ensure pupils learn effective leg action before developing proficiency in a particular stroke (including sculling)
- Develop pupils' water survival skills
- Develop pupils' overall physical health and fitness
- Ensure swimming is an enjoyable and challenging physical experience for all children

### Frequency and Delivery

Swimming will be taught to Year 3 pupils once a week throughout the year. The lessons will be held at the Queen Mother Sports Centre and will be delivered by Everyone Active's qualified swimming teachers.

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## Curriculum

The National Curriculum requires pupils to be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively such as front crawl, backstroke and breaststroke
- Perform safe self-rescue in different water-based situations

If a pupil is unable to swim 25 metres at the end of Year 3, either provision will be made for the child to join Year 3 the following year or the school will encourage parents to enrol the pupil in free summer swimming sessions.

## School Teaching Staff

Teachers have a duty of care that operates for any activity in which children are involved; teachers cannot transfer that duty of care to anyone else. This applies to all activities within the school curriculum and to extra-curricular activities organised by the school during and outside school hours, whether on or off the school site. At St Gabriel's swimming lessons take place off site and are delivered by an external provider, however the duty of care to students still remains with the school teacher who has overall responsibility for the safety, teaching and conduct of their class.

Class Teachers must ensure:

- The programme is appropriate to the needs of their class
- They have a clear role working alongside the qualified swimming teacher
- Good communication is established and maintained between the school and the external provider
- They have control of all pupils at all times
- They have overall observation of the teaching of their children and the conduct of the class
- Separate changing facilities are provided which are not accessible to members of the public
- The pupils are appropriately supervised when changing
- All pupils are accounted for at all times (head counts before lesson, after changing, etc.)
- Normal and emergency procedures are enforced (i.e. rules for supervision)
- School staff remain poolside at all times
- Adequate pupil teacher ratios are maintained
- Ensure the pool is under supervision at all times

Because of the special knowledge and understanding they have of their pupils, class teachers should accompany their own class to swimming whenever possible.

## Adults Other Than Teachers

Adults other than teachers (AOTTs) can be extremely helpful to support the delivery of swimming in school.

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AOTTs can:

- Support and work beside teachers
- Accompany children to and from the pool
- Supervise changing areas
- Look after any unwell children or children who are not swimming
- Communicate with other adults on safety issues
- Know, understand and apply the NOP and EAP

Teachers cannot transfer their duty of care to AOTTs. AOTTs should be vetted by the Criminal Records Bureau to work with children.

## **Qualified Swimming Teachers**

Swimming teachers will hold a relevant ASA level 2 teaching qualification and will be employed by the pool. They have responsibility for ensuring the safe conduct of the class in the water and on poolside, in line with good practice and their training, which includes:

- Planning, developing and monitoring the swimming programme in line with the National Curriculum elements
- Preparing schemes of work appropriate to pupils' ages, abilities and interests inline with the National Curriculum learning outcomes
- Co-operating with the class teacher to check numbers of pupils before, during and after each session
- Identifying specific groups for each swimming session
- Being familiar with the Normal Operating Procedure (NOP) & Emergency Action Plan (EAP) for the pool
- Enforcing emergency drills every term
- Working with the lifeguards on duty or, if there are no lifeguards, providing lifesaving and first aid skills on their own or with others
- Affecting a rescue if necessary

All Swimming Teachers must be vetted by the Criminal Records Bureau to work with children. The school has a responsibility to ensure that the designated person(s) is appropriately qualified in the aspects being taught. They must ensure that the programme is appropriate to the needs of the pupils and the school. An ongoing dialogue between both parties will help to ensure that this requirement is met.

## **Equal Opportunities**

Teachers should ensure that all children regardless of gender, ethnicity, culture or disability have optimum access to school swimming, a statutory curriculum requirement.

Teachers working with children with physical impairments should seek medical advice on the implications of their condition for the swimming programme. The school's SEN coordinator will have detailed information on their condition, which will normally be contained on the school's SEN register.

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Frequent repetition of activities will be beneficial and reassuring. Work at the pace of each individual. Pressurising swimmers to progress too quickly gains nothing.

Children with an exceptional ability have entitlement to a lesson appropriate to this ability. If they are not challenged they may become bored. Exceptionally able children should work towards the key stage appropriate to their ability rather than their chronological age.

Lack of comprehension and poor mobility can cause organisational and safety problems. It is essential to have an adequate staffing ratio both in the changing rooms and in the pool. Swimmers with poor balance and co-ordination are at greater risk of slipping on wet surfaces whilst moving between the changing rooms and the pool. Be on the look out for epileptic seizures. Teachers should know how to recognise and cope with an epileptic fit in the water.

To ensure the pool is suitable for children with SEN and specialised equipment (hoist, gradient steps, suitable changing facilities, etc) is available, a risk assessment should be completed before any child with SEN attends school swimming.

Some pupils may require special provision for religious or cultural reasons, most typically in the form of certain types of clothing or segregated sessions. Such requirements should be respected and, wherever possible, accommodated within the physical education curriculum and the school timetable.

### **Swimming Attire**

Pupils should wear appropriate costumes for swimming that satisfy safety, cultural and teaching requirements. Swimming costumes should be relatively tight fitting to minimise drag and should allow instructors to see limb and joint movements to ensure appropriate learning.

Pupils are expected to wear swimming hats.

Children who swim frequently or whose eyes are susceptible to irritation may request to use goggles for swimming. Parents should be informed of their responsibility to teach their child to put on and take off goggles in the correct and safe fashion.

### **Assessment**

The children are assessed once a term by the swimming teachers. This information is relayed to the class teacher who records it on the school assessment system.

### **Getting to and from the pool**

The school's trips policy should be followed with regards to getting the children to and from the pool.

### **Teacher's Checklist**

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Teachers must ensure that children are supervised at all times during their visit to the swimming pool and this includes the showers, changing rooms and pool. The number of staff supervising must meet the minimum required for the size of the school group with particular attention given to disabled or vulnerable children/students.

Parents should be notified prior to their child going swimming and any medical conditions should be reported to the child's teacher before any swimming event. A decision will then be made as to whether it is safe for the child to swim.

It is essential that all swimmers shower with soap before and after using the pool.

### **Teachers must ensure that children who have any of the following illnesses or conditions are not allowed to swim:**

- Cryptosporidium (a bug that causes stomach pains and diarrhoea)
- Diarrhoea in the previous two weeks
- Gastro-intestinal infections
- Skin infections
- Conjunctivitis (eye infections/allergy which causes irritation and soreness in the eye and lids, swollen, watering and redness)
- Nose, throat and respiratory infections
- Open wounds or cuts (danger of germs entering body through wounds)
- Some types of Eczema

### **Before visiting the pool, the teacher in charge should:**

- Tell children that they must not urinate or pass stools in the pool
- Ensure that they have asthma inhalers and medical equipment for those who may need them
- Ask children to go to toilets before entering the pool
- Ensure that children wash hands thoroughly with soap and water after using the toilet
- Ensure that children shower with soap before entering pool
- Report any accidents that children may have in and around the pool to the lifeguard on duty as quickly as possible
- Ensure that food or drinks of any type are not brought into pool or poolside
- Ensure that contact lenses are not worn whilst swimming
- Ensure that jewellery is not worn in the pool
- Ensure that glass bottles or cups are not taken into the changing rooms or poolside
- Obey published health and safety rules in the Leisure Centre/poolside

### **Unauthorised Non-Participation in Lessons**

If a pupil has missed 2 or more swimming lessons in a term, the teacher will inform the PE Coordinator who will contact the parents.