

# SCHOOL SWIMMING PROGRAMME

## Guideline Sheet for Parents

This guideline sheet has been issued by Rossendale Leisure Trust to all parents and carers of children who take part in the schools' swimming programme. The document is incorporated into the schools' swimming policy and is written in accordance with Swimming Teachers' Association guidelines.

The sheet will also clarify certain health and safety guidelines within the policy that all children on the schools' swimming programme must adhere to at all times.

### Swimwear

To enable teachers to see the movements that limbs and joints are performing, the following guidelines for swimwear have been put in place:

- For girls, a one-piece swimsuit or tankini (shorts and a cropped top) must be worn. Bikinis will not be permitted under any circumstance.
- For boys, swimming trunks or swim shorts must be worn. Shorts must not fall below the mid-thigh; board shorts will not be permitted.

All cultural and religious considerations will be respected at all times. In certain circumstances, alternative swimwear will be allowed but only if the following specific guidelines are observed:

- Clothing must be in the form of tight-fitting leggings and a tight-fitting top that doesn't fall below the hipline (baggy or loose-fitting clothing will not be permitted).
- Recognised swimwear, as mentioned above, must be worn underneath, as clothing can become transparent and cling to the body.

### Goggles

- We would prefer for children new to school swimming lessons to swim without the use of goggles; this will allow them to adapt to water being splashed on their face and to submerge competently and confidently.
- If goggles are worn, children must be able to correctly put on, remove and adjust them unassisted.
- Goggles need to be in good condition.
- When teaching the water safety section of the syllabus, goggles will not be permitted.

*N.B. Written consent must be given by parents/guardians for their child to use goggles in swimming lessons. Consent forms are available from the school or Reception at Marl Pits Leisure Centre.*

### Use of swimming caps

- Any child (boy or girl) who has long hair must wear a swimming cap. Long hair for this purpose is defined as: hair or fringe that falls onto the face or into the eyes.

### Jewellery

- All jewellery must be removed prior to the swimming session. This includes earrings, bracelets, anklets, necklaces, chains and watches.
- If ears have recently been pierced, taping the ear lobe will be permitted short-term.

### Behaviour

- If a child's behaviour becomes unacceptable whilst in a swimming lesson, then the swimming teacher will inform the school teacher to rectify the situation.
- If the situation continues, a child may be removed from the sessions by a swimming teacher. The Aquatics Manager and the Head Teacher will also be informed.

### Religious and cultural considerations

- All religious and cultural considerations will be respected at all times; however, the safety of the individual swimmer will remain paramount.
- Please refer to the section on swimwear.

If you have any queries or wish to discuss any of the above points further, then please speak with your child's school teacher or Rossendale Leisure Trust personnel at the relevant facility.