



# Beechwood Primary School

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## Swimming Policy

### Aims

- For children to develop their confidence in the water
- To provide a safe and organised environment for children to develop their swimming skills
- To remove, as far as is possible, the dangers and fears of a water environment
- For each pupil, no matter their starting point, to increase in ability in the water
- For children to be aware of the dangers of the water
- To fulfil the obligation stated by the national curriculum, 'All children should learn to float and move safely in the water and to swim unaided (25m) or unsupported on their front and on their back. They should learn how to swim unaided and survive in the water'.

### Curriculum Planning

Although specific planning for swimming sessions is difficult because of the breadth of skill there will be in each class, it should be the aim of every session to develop the skills of each group in every lesson by introducing and using activities which are targeted at the needs of the group. The basic goals for swimmers are;

- Developing confidence in the water
- Head under
- Head under and breathing out (blowing bubbles)
- Using the legs (with and without floatation devices)
- Using the arms (with and without floatation devices)
- Combination of arms and legs (with and without floatation devices)
- Combining strokes with head under (controlled breathing)
- Developing strokes and specific technical work

For more specific guidance and planning materials please use the links below.

[www.standards.dcsf.gov.uk/schemes2/phe/pheswim1/?view=get\(FS/KS1\)](http://www.standards.dcsf.gov.uk/schemes2/phe/pheswim1/?view=get(FS/KS1))

[www.standards.dcsf.gov.uk/schemes2/phe/pheswim2/?view=get\(KS2\)](http://www.standards.dcsf.gov.uk/schemes2/phe/pheswim2/?view=get(KS2))

The above is a guide, it could be the planning framework for a child in year six, could come from the KS1 planning pages, this will again depend upon the ability of the individual.

### Attire

Children must wear a close fitting swimming costume and swimming hats at all time in the pool. No jewellery is allowed to be worn. If children have sensitive skin then they will be

allowed to wear rash vests to protect themselves. If children are suffering from verrucas they will be encouraged to apply treatment to the affected area at home before swimming but they will not be required to miss any swimming due to this condition, nor will they need to wear a verruca sock.

## **Staffing Ratios**

1:20, but this should be increased to 1:10 with infant aged children and further improved with children that may have various disabilities and needs. For children suffering from epilepsy, the ratio of 1:1 is recommended depending upon the severity and frequency of the condition – 1:1 is essential for epileptic children who have had a fit in the last year or who are on medication.

With regards to other conditions of children in the school it is expected that the teacher in charge will complete, and hand into the PE Co-ordinator, a class risk assessment sheet for their own class. There will be given to each teacher and returned to the PE Coordinator before the class commence their swimming lessons (one risk assessment will be required for the entire programme).

With the ratios as stated above it is therefore essential that classes in KS1 have a minimum of three adults for supervision of each session (barring any 1:1 requirements), for KS2 classes this minimum is 2 adults, although 3 is of course desirable. If a KS2 class should only have two adults available to it, then the non-swimming children will need to stay in the changing room so that the non-swimming groups and children changing can be supervised by one person. Group sizes should on no account exceed 12 children per trained adult (see below for training expectations) and children should be in groups of roughly this size depending upon ability.

## **Safe Supervision**

It is essential that to competently manage the health and safety expectations of the school and the borough that all teachers providing lifeguard and coaching functions hold an appropriate lifesaving award or qualifications. These should include appropriate shallow water rescue skills and Cardio-Pulmonary Resuscitation (CPR) training as well as the relevant aspects of the Pool Safety Operating Procedures (PSOP). A copy of certification of such awards should be held by the PE Coordinator.

## **Teacher's Responsibilities**

Teachers and coaches must be trained, and able to carry out their role, in the pool's emergency action plan. They must ensure that:

- The pupils understand and regularly practise their response in an emergency.
- The emergency procedures to evacuate the water and summon assistance are practised regularly in accordance with the requirements of the emergency action plan.
- Ensure that only CRB checked adults are alone with children for any period of time.

Safety considerations must always be paramount. If an employer or organiser insists on a pupil:teacher ratio considered by the teacher involved to be inappropriate and potentially unsafe, then the teacher should express that concern:

- Verbally to the appropriate supervisor or to the PE Coordinator

- In writing, passed to the appropriate supervisor and/or employer
- In extreme circumstances a teacher or coach may have to consider whether it is safe to continue with a swimming lesson.

### **Health & Safety**

To ensure all Health & Safety checks are carried out on a regular basis, when the pool is in operational use.

# **Swimming Policy**

Reviewed: April 2016

Next Review: April 2018