



LLMAT Swimming Policy

Policy: LLMAT Swimming Policy

Author: C Thompson

Date drafted: September 2018

Date approved: September 2018

Approved by: P Harrison

Date for renewal: September 2019

Why we provide swimming lessons at LLMAT Academies

1. To meet the requirements of the National Curriculum;
2. To develop the personal and social development of children and their health and well-being;
3. To promote a valuable life skill;
4. All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:
 - swim competently, confidently and proficiently over a distance of at least 25 metres
 - use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
 - perform safe self-rescue in different water-based situations

Tragically, drowning is still the third highest cause of accidental death in the UK, but that's not the only reason to teach your child to swim. You'll give them the gift of a lifelong enjoyable activity that will help them keep fit and healthy, as well as improve enjoyment of holidays and prepare them for a whole host of potential water sports. Swimming also offers a unique bonding experience and is one of those few leisure activities that people of all ages can do together.

How we will organise swimming at LLMAT Academies

Swimming is time tabled either for the whole school year or at different terms throughout the school year. Children, therefore, have the opportunity to develop and improve their swimming throughout the primary phase. Swimming lessons last approximately 30 minutes and count as one of the classes' weekly PE lesson. Children are transported to the swimming pool in coaches. These coaches are all fitted with 3 point seatbelts.

ROLES AND RESPONSIBILITIES

The role of the member of staff in charge:

- The welfare of children in changing room;
- Overall maintenance of good discipline;
- Counting children into and out of the building and recording these numbers so that they are visible;
- Marking the attendance register;
- Ensuring the water safety of all children and maintain a safe working environment;
- Confirm attendance levels and any relevant medical information with the swimming instructors;
- Make arrangements to be made about the provision for children with special needs and confirm risk assessment;
- Adhere to health and safety requirements;

The role of adult helpers:

- The welfare of specific children in changing room. Supervision and oversight of designated child, ensuring the child understands and follows instructions;
- Consult with the member of staff in charge and agree arrangements to be made about the provision for children with special needs and confirm risk assessment;
- Adhere to health and safety requirements.

The role of the PE subject leader /Sports Coach

- To undertake a risk assessment of the school's swimming provision and monitor its implementation;
- To ensure that the law relating to SEND is followed whereby schools take all reasonable steps to avoid discriminating against pupils on the grounds of their disability;
- To maintain and keep a record of the pupils' swimming achievements inside and outside of school;
- To report to the governing body on the impact of the school's swimming provision;
- Ensure the recommended teacher ratios are adhered to (See Appendix 1);
- To ensure annual briefing sessions take place with all staff involved with swimming provision.

The swimming instructor will:

- Possess DBS clearance;
- Have full ASA Teachers Award or an STA equivalent as well as a life-saving award recognised by Health and Safety Unit:
- Possess a relevant First Aid certificate;
- Make sure all children and teachers know safety drills;
- Have all equipment ready and in the correct place in the teaching area;
- Consult with the accompanying teacher and agree arrangements to be made about the provision for children with special needs and confirm risk assessment;
- Ensure children know the procedure for the start/end of lesson, their grouping and assigned area of pool and teacher;
- To assess and record pupil progress;
- Organise classes according to:
 - Class numbers.
 - Pupil ability.
 - Numbers of teachers/adult helpers

HEALTH AND SAFETY

It is essential that schools take note of and comply with 'Safe Practice in Physical Education' [BAALPE] which provides detailed, authoritative guidance on safety issues, including safety in swimming lessons and the DfE guidelines on educational visits. 'The duty of care for all pupils remains at all times with the accompanying teacher.' (BAALPE Safe Practice in Physical Education)

All staff will involved with swimming provision will have read the relevant BAALPE documentation.

Behaviour

The swimming pool is a place of work and should be treated as a classroom with the same rules regarding behaviour.

Attendance

All parents must ensure that their children attend all allocated lessons. As swimming is a statutory part of the National Curriculum. Parents do not have the right to withdraw their children from this statutory element of the National Curriculum, unless the child has an EHCP (Education Health Care Plan).

Older children are encouraged to be independent in terms of organising their swimming kits. Children who forget their swimming kits or cannot participate in the lesson for any reason will be required to attend and observe the lessons from the side of the pool. This is in line with the other aspects of the PE curriculum delivery.

Parents of children returning from an illness that would prevent them from swimming for a short period of time must provide the school with medical evidence of the illness in order that they may be excused from the lesson. Should a child not be able to swim for an extended period of time, a Doctor's letter must be provided.

Swimming Kit

Girls should wear a one-piece swimsuit and boys should wear swimming trunks (not baggy 'board shorts'). All children should wear a swim hat, with girls ensuring that their hair is tied up. Provision must be made for alternative attire for minority ethnic pupils when a request is made. We do not encourage beginner swimmers to wear goggles. Please see the exemplar parent information letter below:

CHILDREN WHO WISH TO WEAR GOGGLES IN A SCHOOL SWIMMING LESSON

Goggles are not needed for everyday swimming. It should be remembered that in the event of your child being involved in a hazardous water situation it is extremely unlikely that he/she would be wearing goggles. It is highly desirable therefore that your child learns to swim without being dependent on goggles.

Goggles may cause injuries even resulting in blindness if a child is knocked on the goggles when swimming or diving or putting them on and removing them. Goggles do not keep all water out of the eyes. Goggles often steam up for the first few minutes after putting them on. School swimming lessons usually last for about 30 minutes. The children swim in large numbers and sometimes in crowded conditions. Beginners do not always have full control of arm and leg movements. These factors may increase the possibility of being hit on the goggles. Goggles are held in place by tight elastic and are made of hard plastic.

The use of goggles is advisable only when there is excessive reaction to the chemicals in the water and where the swimmer is involved in lengthy training sessions. In these cases goggles may reduce the effect of contact of the eyes with the water a little. If goggles are used they should not be made of glass or breakable plastic. It is recommended that such goggles be purchased from a recognised sports equipment retailer or from local baths/leisure centres. Your child will need to be taught how to put on and remove the goggles and how to empty the water out safely:-“The goggles must be held firmly with both hands each gripping the outside corner where the straps are attached. The goggles must then be pushed upwards and NEVER pulled out away from the face.”If you wish your child to wear goggles in the school swimming lessons please make this request in writing to the school.

GOGGLES

I am parent/guardian of

I acknowledge that I have received and read the notes of Advice To

Parents Whose Children Wish To Wear Goggles In A School Swimming Lesson.

SignedDate.....

Appendix 1 (Source: ASA Guidelines for Schools)

Teacher to Pupil Ratios

Each swimming pool will have a designated maximum bather capacity appropriate to the size of the pool and activity taking place, which should be specified in the Normal Operating Procedure (NOP).

Pupil to teacher ratios must not exceed 20:1 and, in the majority of cases, primary school swimming should be less than this.

The following ratios are based on Health and Safety considerations and quality delivery of the lesson.

ASA Guidelines for School Swimming

	Health and Safety	Quality Delivery
Non-swimmers and beginners <i>(Unable to swim 10 metres)</i>	12:1	8:1
Children under the age of 7 <i>Irrespective of swimming ability)</i>	12:1	8:1
Improving swimmers <i>(similar ability who can swim at least 10m competently and unaided on their back and front. Lesson is in area in which children are not out of their depth.</i>	20:1	12:1
Mixed ability groups <i>(Range of abilities from improving to competent and working well within their depth. Technique, stamina and deep water ability should be considered)</i>	20:1	12:1
Competent swimmers <i>(Can swim 25 metres easily on front and back unaided and can tread water for 2 minutes)</i>	20:1	15:1
Swimmers with disabilities <i>(Each child considered individually and care taken to provide sufficient 1:1 in the water for those who need constant support as well as sufficient numbers of other helpers to provide degree of support to meet the range of needs)</i>	8:1 with 1:1 help in the water where needed	6:1 with 1:1 help in the water where needed