



Roll No. 12180 U

Presentation Primary School

Clonmel, Co. Tipperary.

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Swimming Policy

Rationale

As we are an active, health promoting school we endeavour to address all aspects of childrens' development both physical and mental. Therefore, in accordance with the requirements of the curriculum in Physical Education, we organise an eight-week swimming programme each year for all classes from Rang 2-Rang 6. This policy sets out the rules and procedures for running the swimming programme

Aims/Purposes

- To enable pupils to acquire basic swimming skills
- To give 2nd -6th class children the opportunity to experience aquatics/ learn to swim
- To develop positive attitudes towards active and healthy lifestyles
- To ensure all pupils have basic knowledge of water safety.
- To meet the requirements of aquatics in the P.E. curriculum

Objectives

Children will be taught:

- To gain confidence in the water if non-swimmers
- To improve their strokes and become more competent if they are already swimmers
- To improve their stamina
- To improve their general fitness
- To have fun in the water in a safe way

Participation

As aquatics is part of the physical education programme, it is expected that all pupils between Rang 2 and Rang 6 will attend swimming lessons each year. Parents/guardians are encouraged to make early contact with the class teacher or principal if swimming is causing any anxiety for a child. A plan will be put in place in consultation with the child and the parent/guardian so as to reassure the child. The school always works with the instructors to ensure that swimming time is an enjoyable, safe experience for children. Pool staff will be informed by the class teacher before the lesson starts and the child will be identified for the swimming instructor.

Where a parent/guardian has a health concern regarding their child's participation in swimming, they are asked to seek professional advice and to provide a doctors letter if a parent wants a child to be excused from swimming lessons. It is only in very exceptional circumstances that this will happen.

Should a child be unable to attend one lesson due to ill health or any other reason, a letter must be given to the class teacher. He/she will remain under the supervision of another class teacher in the school while the class goes to the pool.

Procedures Guidelines

- Each pupil (from Rang 2-Rang 6) will attend an eight-week course (45mins approx. per session) in Clonmel swimming pool annually
- Clonmel swimming pool has been reserved for thirty-six weeks on Thursdays from 10:00 a.m. to 11:00 a.m.
- Costs incurred by hiring of pool, and payment of instructors necessitate a charge of €40 being imposed on each pupil.

Instructional Arrangements

- The school secretary in communication with the principal, will organize the swimming programme for all classes from second to sixth
- Instruction in the pool will be provided by 4 swimming instructors.
- Each class of children will be grouped by swimming ability by the pool instructors
- Each group will be supervised by an instructor and lifeguards while in the pool
- Each class teacher will be in a position to see the groups at all times when they are in the water (either in the spectator area at the top near the small shallow pool or along the side of the main pool. Teachers are encouraged to move between these areas so they can observe pupils in the deep end
- Class teachers will liaise with instructors during the session to manage any issues that arise
- All children will be made aware of school rules and expected behaviour relating to travel by bus to and from the pool
- At times, for children with specific special needs, SNA staff may accompany pupils into the pool or be available at the side of the pool if necessary

Travel and Supervision Arrangements

Pupils will travel by bus and will be accompanied and supervised by two class teachers on the way to and from the pool. Any child who has access to SNA support will always be accompanied by a SNA when going swimming. Pupils from the Speech and Language classes will be accompanied by the assigned SNA.

Safety While Travelling: School Rules

- Each child will have a partner to travel to and from the bus and pool building
- On the bus :each child must sit quietly with a partner, not move from their own seat and must put on a seat belt

- All children must line up quietly outside the bus and walk in an orderly fashion to and from the school and pool building accompanied by school staff
- No child is allowed to enter or leave the pool building without being supervised by school staff
- School staff will station themselves at the front, middle and end of the entire group while children move between each area

Changing -Room Rules

- Designated members of school staff ensure that the “Duty_of-Care” responsibility of the school is maintained at all times
- Separate sex communal changing-rooms are made available by pool management
- Each changing rooms is supervised by a staff members at all times
- No running or shouting is allowed in the changing-room
- A designated spot for changing is assigned to each pupil
- Pupils must remain in that spot, change quickly, set their clothes in a neat pile, not interfere with other pupil’s clothes, not comment on other pupil’s or their belongings
- All pupils must shower before going into the pool and after the lesson
- When ready, each pupil must line up quietly in the changing room under the supervision of a staff member until pool staff allow access to the pool.
- Teachers/staff will be in the changing room to receive children when they arrive after the lesson
- Pupils may not use shampoo or shower gel to shower as time will not allow for this
- When finished each pupil must line up outside the changing rooms until the whole class is ready to leave the building.
- Pupils may not use hairdryers in the changing room as time does not allow for this. Hairdryers are provided on the school premises after children return from the swimming lesson.
- Children may not use the vending machines while at the pool

(See Appendix 1: Preparation for Swimming for pointers to consider before swimming course begins)

Monitoring of pupils in the pool

- Class teachers are responsible for monitoring pupils while in the pool. They will take note of behaviour, participation etc. and report on same at student- parent-teacher meetings
- A child will never leave the pool to go to the bathroom unless supervised by a teacher or member of school staff. In this case it is advisable for two staff to be in the changing room or if not possible, the child should bring a buddy from the group to which s/he has been assigned

Cultural and religious requirements

Some children may require special consideration on suitability of swimwear. The school, in consultation with pool management will make final decision on what is the safest option.

Special Needs Pupils

SNA staff may be required to assist the Special Needs pupils to undress and dress before and after swimming lessons in the Swimming Pool. If a child needs assistance from a SNA a

family changing room is made available. SNA staff will never be in a family changing room alone with a pupil. Best practice will be to have two staff or two pupils. SNA staff may also assist the child to enter and exit the pool and be available at all times during the swimming lesson to take the child from the swimming instructor if he/she was no longer taking part in the lesson.

SNA staff may be required to enter the water with the child. It is the responsibility of the instructor, be it an individual or group instructor to teach the special needs pupil their swimming lessons. It is the decision of the swimming pool whether or not the pupil is capable of being in a group swimming situation or an individual one. This depends on the ability of the individual child in the water. If the child is required to have an individual instructor the cost is incurred by the parent/guardian. This decision may be reached before or after the child's first lesson in the pool.

Health and Safety

Best practice in relation to the supervision, instruction and child protection procedures as outlined by the Irish Sports Council, Swim Ireland and the National Safety Council will be adhered to at all times. All swimming instructors will be registered with Swim Ireland and Garda vetted by the pool management. School teachers will remain in the spectator area during the lessons.

Parents/guardians will receive a standard letter providing information on school swimming before their child starts their swimming term.

In the best interest of the child, it is the duty of parents/guardians to inform the class teacher and/ or Principal with regard to any health condition that may affect the child in the pool. This information will be held in confidence and provided on a need to know basis to the swimming instructors.

Pupils are required to behave at all times in a manner that ensures the safety of all involved in school swimming

The Health and Safety Guidelines outlined by the pool authorities will be strictly adhered to.

Pupils feet will be examined for verucca by swimming pool staff at the beginning of a swimming block. Children will be advised if a verucca is present.

If a parent wishes to assist her own child to dress after swimming, s/he will need to be garda vetted through the school in order to comply with Child Safeguarding Procedures and will need to use one of the family changing rooms. Parents are welcome to sit in the viewing area to follow their own child's progress during the swimming lesson.

Note

At times, if appropriate, groups may visit Clonmel Library or Museum after being in the pool as it makes good use of the bus at no extra cost. Parents/ guardians will be informed if this is going to happen.

Monitoring / Evaluation / Review:

This policy was developed in consultation with pupils, staff and parents. It was ratified by the Board of Management on 14th September 2022 and will be revised .regularly.

Signed: *Róisín Hennessy*

Date: 14th September 2022

Appendix 1: Preparing for swimming

- It would be easier if children's hair was plaited as it does not get as wet
- Please ensure your child has a good quality swimming hat
- Children may wear their swimming costume under their P.E. uniform on the day of swimming
- It would be helpful if children had a small towel to wrap around their hair when changing
- Please provide an empty plastic bag so that children can put wet swimming gear and towels into it to avoid wet and dry clothes being mixed up
- Please encourage your child to dress herself in the morning without help and to practice doing it quickly!
- Pupils may not use shampoo or shower gel while at the pool
- Aerosol deodorants may not be brought to the pool as the dressing rooms are confined spaces and they leave a strong smell.
- Pupils may not use vending machines at the swimming pool
- If any parent wants to come to the pool to watch your child swimming from the viewing area you are very welcome.
- As per our Uniform policy 'Students are asked to keep the wearing of jewellery to a minimum. If students are wearing earrings, they're asked to wear one pair of small studs. ' Your child is not permitted to wear longer earrings in the swimming pool and they will be asked to remove them.