

# Whaley Bridge Primary School

## School Swimming Policy

### **Appropriate Swimwear**

Children are required to bring a one-piece swimsuit for girls and above the knee fitted shorts or trunks for the boys. Bikinis, tankinis, and boardies/beach shorts are not appropriate swimwear for lessons. As our pool water is maintained at a warm 31° is not necessary for children to wear rash vests and we therefore kindly ask that parents do not send these for your children to wear in the pool.

### **Goggles**

Goggles are encouraged for swimming lessons. Always try on goggles before buying to ensure they fit properly with a seal around the eyes and between the nose. Leaking goggles distracts the child and wastes lesson time. Children that wear glasses can speak to their optician about prescription goggles; wearing glasses in the pool is neither permitted nor practical. The teacher may do some activities during the lesson that require the children to take off their goggles. This is essential confidence building work to ensure your child will be confident to be in water and reduce the risk of panic in an emergency situation where they may not have goggles to rely upon.

### **Earrings**

Earrings **MUST** be removed for swimming sessions. They must be removed by the child (unfortunately staff are not able to remove earrings for children).

### **Swimming Hats / Hair**

Swimming hats are encouraged for hygiene reasons and will help your child's hair to be out of the way during the lesson. Girls and boys with long hair that can be tied back needs to be tied up with a hair elastic or a swimming hat must be worn. Children will not progress as well with the distraction of long hair in the way during lessons.

### **Armbands**

We provide arm disks so we can accurately monitor a child's progress and remove / add disks as needed. Children's own armbands are not required.

### **Health & Hygiene**

It is essential for children to take their inhalers to each swimming lesson. Without this children will not be permitted to swim. Asthma should not stop children from swimming. Did you know that Olympic gold medallists Rebecca Adlington and Adrian Moorhouse have asthma? They do!

### **Eczema**

The chlorine levels in our pool are maintained at the recommended low levels and so the water shouldn't irritate your child's skin. Children can apply **olive oil** or **coconut oil** to areas of the skin **before** swimming to help create a protective skin barrier, and reduce the amount of chemicals / solvents that contaminate the pool water.

### **Verrucae (plantar warts)**

The majority of dermatologists are not in favour of treating plantar warts. Immunity from the virus can be developed through exposure and the verruca usually disappears on its own within 12 months. Plasters and rubber socks are not necessary. If the verruca is painful see your GP.

### **Ear infections**

Children with ear infections should avoid swimming for a week or so (or as instructed by your GP) until the symptom has cleared. We recommend children resume their swimming lessons with earplugs designed for swimming pools, and a neoprene headband can also be worn to help keep earplugs in (available online or Boots). If your child is prone to ear infections we recommend they wear ear plugs for lessons regularly.

### **Cuts / open wounds**

Children with fresh open wounds should refrain from swimming to avoid the risk of infection. Once the wound has created a barrier / scab children are able to swim as normal. Plasters are best removed for the lesson and a fresh dry one can be issued after the lesson from the teacher. The chlorine will help the wound to heal.

### **Behaviour**

The swimming teacher follows the current school behaviour policy of the issuing of yellow cards, blue cards, and red cards in dealing with children's behaviour issues.

### **Sickness/Diarrhoea**

It is recommended that children refrain from swimming 14 days after the last symptom of sickness or diarrhoea.

### **Swim Pull-Ups**

If your child usually wears pads/nappies in School to help with toileting, it is essential that you provide a swim nappy or washable swim pull ups for swim sessions, otherwise your child will not be permitted to swim.