



Nottinghamshire  
County Council

# School Swimming

— Guidance for Parents —



# Guidance For Parents

Dear Parent your child is due to start their School Swimming lessons, please take the time to read the guidance below to help ensure that they make the most of this opportunity.

The Schools' Swimming Service is dedicated to providing the opportunity for all children in Nottinghamshire to access swimming.

The Service endeavours to enrich all pupils' swimming experiences and offers participation in gala events.

The Schools' Swimming Service provides swimming lessons to approximately 87,000 pupils every year in Nottinghamshire. There are in place a series of health and safety policy documents which are adhered to by the swimming instructors and school teachers to ensure that your child can learn to swim in a safe environment.

Pupils will be reminded of these policies on their first visit, however to try and avoid embarrassment and confusion for your child, the service has created this information booklet.

**HEALTH AND SAFETY POLICIES** in relation to your child's school swimming lesson.



# Swimwear

Boys require tight fitting trucks or shorts with no pockets and which are no longer than mid thigh length. Those pupils wearing “jammers” will be ok. Acceptable boy’s swimwear is shown below:



Girls require a one piece swim suit which is again tight fitting and unrevealing. Acceptable girls’ swimwear is shown below:



**The following pictures show unacceptable swimwear.**



# Googles

Goggles can be worn however, it is the responsibility of the parent/ carer to ensure that the child is able to adjust and fit the goggles correctly and to **sign and return the consent form to school.**

Occasionally children are asked to remove the goggles for example when jumping in, learning to dive, and taking part in personal survival and water polo sessions. Exceptions may be made for those wearing prescription goggles.

Goggles must be of the correct size (for primary age children these will be the junior goggles) for the child to ensure a correct seal around the eyes and should not be of a “mask” design.

**There must be no sharing of goggles.**

**Acceptable** Goggles



**Unacceptable** Goggles



# Jewellery

All jewellery must be removed. Swimming instructors, school teachers and observers are not allowed to do this for your child.

New piercing's should be done ideally at the start of the summer holidays. Children should be encouraged to move the piercing round to help with the removal.

Recent medical advice has shown that newly pierced ears (after a few weeks) can have the studs removed for the duration of the lesson as long as they are replaced again immediately after the session.

**Ear rings cannot be taped over or covered by a hat.**

# Long Hair

Hair has the tendency to fall forward covering the eyes when wet and must be tied back (or up) or covered with a swimming cap. Hair covering the eyes can easily cause disorientation and panic.

**These are all acceptable ways to tie up your child's hair or to cover with a swim hair.**



Hair which is longer than jaw length regardless of whether it will cover the eyes should also be tied back to prevent entanglement in lane ropes. Hair can be caught in filters and around ropes both of which are distressing to the individuals concerned and the onlookers alike.

**It is unacceptable to leave the hair down or uncovered if it of a similar length to those in the illustrations.**



# Medical Conditions and Medication

If your child has a medical condition which requires medication e.g. asthma, allergies, diabetes; then the medication must be brought to the pool and placed on the poolside by your child swimming group.

All medication must be clearly marked with your child's name, dosage and must be in working order.

Ensure you check the shelf life of your child's medication particularly the EpiPen's and put a reminder date on your calendar to request your repeat prescription.



Medic alert bracelets may be worn in the water (necklaces worn around the wrist) however both must be covered with a coloured sweat band.



If your child is diagnosed as having epilepsy they should have a dedicated observer who knows the signs and symptoms of the condition relevant to your child. Your child must be easily identifiable by use of a coloured sweat band worn on the wrist.

**All pupils who have an epileptic fit in the water will be conveyed to hospital as a matter of course** unless the individuals care plan states otherwise and providing all lead professionals are in agreement that there is no possibility of secondary drowning.

## Asthma

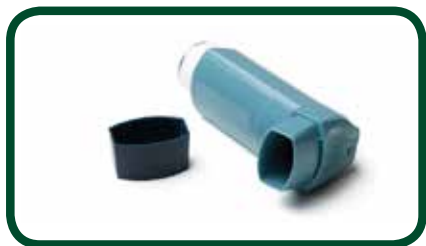
**Your child must be able to self-administer their inhaler.**

PLEASE NOTE THAT IF AN INHALER IS USED THAT THE CHILD SHOULD:

**Exhale slowly to empty the lungs** (this will prevent the medication from hitting the back of the throat and inducing coughing) **then inhale slowly counting to ten** (ensuring the medication is taken down directly into the lungs).

**This procedure must be repeated as directed by the dosage.**

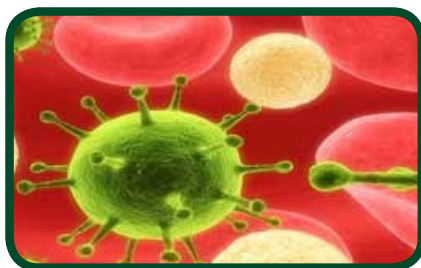
**Any child or adult with an inhaler may not under any circumstance share the inhaler with another child or adult.**



## Eye and Ear Infections

Due to the increased risk of cross infection and potential damage to the ear canal, children should not swim until the infection has completely cleared up.

After suffering from ear infections caution should be taken when diving to depths greater than 1.5m due to the increased pressure on the ear drum. Please ensure the Swimming Instructors are made aware.



## Verrucas

Pupils with verrucas can swim providing they have started a course of treatment, although it is only considerate that they are covered with either a verruca sock, verruca plaster or seal e.g. buzzukka.

Care must be taken during changing and there must be no sharing of towels.



### Ring Worm

If your child has been treated for ring worm for 48 hours (72 hours if on the scalp) they are allowed to swim.



### Head Lice

Your child can swim providing the lice have been treated for 24 hours. Please ensure your child does not share their towel, hair brush or comb.



### Open Wounds

If your child has a small cut or graze then they can swim providing they are covered.

your child has a large/ deep cut or weeping wound then your child should not swim.

### Coughs and Colds

If your child is well enough to be at school they should be allowed to swim, **unless advised not to by a doctor, or if they have a streaming nose.**





## Conjunctivitis

Inflammation is seen as reddish change in the periphery of the eye often accompanied by a pus-like discharge. It usually affects both eyes at the same time – although it may start in one eye and spread to the other after a day or two. It may be asymmetrical, affecting one eye more than the other. There are many causes and the treatment will depend upon the cause. Conjunctivitis is a common eye condition. It's not serious, but it can be uncomfortable and irritating.



## Impetigo

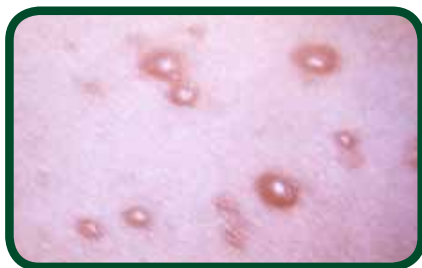
A skin infection caused by the staphylococcus or, less often, by the streptococcus bacterium. The first sign of impetigo is a patch of red, itchy skin. It is contagious and easily contracted by persons who

might touch the affected person. Treatment involves the use of antibiotics.



## Chickenpox

Chickenpox (also called varicella) is a common and extremely infectious childhood disease that also affects adults on occasion. It produces an itchy, blistery rash that typically lasts about a week and is sometimes accompanied by a fever or other symptoms. Chickenpox are easily recognized and in most cases merely unpleasant rather than dangerous, treatment can almost always be carried out at home.



## Scabies

Scabies is a relatively contagious infection caused by a tiny mite (*Sarcoptes scabiei*).

Scabies is caused by a tiny insect about 0.3 mm long called a mite. The intense itching

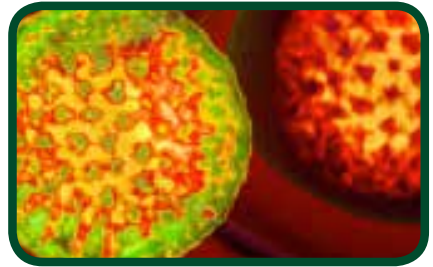
almost always caused by scabies is due to a reaction within the skin to the feces of the mite. The first time someone is infected with scabies, he or she may not notice any itching for a number of weeks (four to six weeks). With subsequent infections, the itchiness will begin within hours of picking up the first mite.



## Gastroenteritis

The most common **cause of gastroenteritis in children** is a virus called the rotavirus. This virus is passed out in the stools (faeces) of someone with the

infection. It can be transferred to food, objects and surfaces if the infected person doesn't wash their hands after going to the toilet. Gastroenteritis can also have a number of other causes, including a **norovirus** infection or **food poisoning**, although these are more common in adults.



## Ear Plugs

**These can be worn if directed by your doctor**, however care must be taken as they can make it difficult for your child to hear.



## Grommets

Please ensure that you alert the Swimming Instructors if your child wears grommets as they may need to adjust

their teaching position to ensure you child can here clearly.



## Nose Clips

No-one enjoys getting water up their nose however the Instructors will teach These are not to be worn during swimming lessons, unless directed by a doctor or consultant for medical purposes.

techniques to help prevent this from happening.

It is your child's responsibility to ensure they keep any of the above medical items in a clean container to prevent cross infection.

They should not be used by other pupils. The pupils should know how to fit & or use the items themselves. The Instructors and school staff can not be held responsible for loss or damage of these items.

## Colostomy Bags

A reasonable adjustment to swimwear can be made for pupils with a colostomy bag.

Swimwear should be worn as tight fitting as possible, whilst still maintaining discretion for the pupil.

It may be necessary for the pupil to wear a tight fitting t-shirt as well to ensure they feel comfortable within the environment



# Disabilities

**The Schools' Swimming Service is inclusive and works with many partners to ensure its provision is effective in supporting each individuals needs.**

The service must be made aware of any conditions which may affect the teaching of swimming e.g. ADHD, learning and physical disabilities and behavioural problems, either before or at the first session. If there are specific teaching strategies that are know to work then theses must be shared with the swimming instructors so that they can adapt their sessions accordingly.

Adequate supervision must be given in the changing rooms. **Prior notification is required for the use of flatbeds and hoists** to ensure that they are adequate and meet the needs of the individual.

**The school will be required to carry out an Individual risk assessment**, generic templates can be requested from the service. A preliminary visit can be arranged with all partners at the pool.

Where 1-1 support is given in the class room then that will be required at the pool as well. Initially that support should be in the water however, the aim is to withdraw the support to allow the individual to become an independent learner.

If there is no support given in the class room then you may still be asked to come and support your child either from the pool side or in the water, under the guidance of the instructors who will give teaching points. This is particularly helpful when the child's needs or behaviour is distracting the Instructors focus from the group.

**Additional support to SEN pupils through Bridging Clubs** helps develop the specific needs of individuals, creating pathways and opportunities for development of skills within the limitations of their disability.

# Your Childs School Swimming Instructors

The Instructors carry out a dual role they are responsible for both teaching and lifeguarding the swimming sessions.

They are highly qualified and undergo regular ongoing training. The sessions are monitored to ensure that all the relevant guidelines are adhered to.

**INITIAL ASSESSMENTS TO DETERMINE THE GROUPS must be carried out by the Schools Swimming Instructors.**

On their first session pupils will be reminded of the above policies and also of emergency procedures before they go in the water.

Every pupil will be assessed in relation to their ability to ensure that they are placed in a suitable area of the pool.

**Swimming instructors and school teachers have strict guidelines in relation to the number of pupils they are allowed to teach at various levels of ability.** As a result your child may not be placed in the same area of the pool they are used to swimming in for private lessons.

**Swimming Instructors and school teachers working outside of their teaching ratios are not insured.**

Your child will receive a lesson according to their ability regardless of where they are in the pool, as the majority of activities taught in the deep end can also be taught in the shallow water.

## First Aid

If your child requires any treatment then this has to be recorded at the centre and reported to the service.

If hospitalisation is required then this will be communicated to you or the other nominated emergency contact at the earliest opportunity. All accidents/ incidents are monitored and if necessary new policies and procedures are drawn up to reflect the new risk assessment.

The School Swimming Instructors are all qualified lifesavers and are responsible for ensuring your child's safety at all times.

Occasionally accidents do happen and they have to make a quick decision as to the most appropriate action to be taken to give the best outcome for your child.

A child getting into difficulty will be encouraged to get back into the water to ensure that they have a positive end to the lesson.



## Observers

**Observers are required to undergo an enhanced DBS check if helping on a regular basis or supervising / assisting in the changing of the pupils**

**Observers are fundamental in the school swimming lessons. Schools are required to** provide a minimum of two observers however, where there are large groups of children or two pools then schools are requested to bring an observer per each group.

The role of the observer is very important as they are another pair of eyes. Most schools ask parents for help in this role. Without observers the session cannot take place.

A full list of responsibilities is available from the school. A sheet must be signed by observers stating that they understand their roles and responsibilities. Any parent who is unsure of their role must ask the swimming instructors on poolside for clarification.

As the pool environment can be very warm it is important to wear suitable clothing e.g. lightweight trousers / skirt / shorts, short sleeved top and indoor only footwear.

If wearing outdoor footwear, overshoes must be worn and the shoes must not be stilettos or have large heels. Bare feet are also acceptable or flip flops. Identifying tabards (provided at the centre) should also be worn.



Observers must ensure they are fit to undertake their responsibilities. It is advised that they drink water to prevent dehydration, this must be in a plastic bottle.

Observers are given a signal horn which is essential to their role, it must be used to alert the Instructors and School staff of any child who may be in difficulty and ensures the quick evacuation of the pool.

The horn is also used if one of the Instructors has to enter the water to affect a rescue



Observers are advised to monitor different groups each week and must be aware of the danger of focusing just on their child.

## THE SCHOOLS' SWIMMING SERVICE PLEDGE

The Schools' Swimming Service is dedicated to providing the opportunity for all schools in Nottinghamshire to access a high quality swimming provision (in accordance with its health and safety guidance document), to ensure that pupils can strive to meet the National Curriculum statutory requirement in swimming during their Primary Education.

The Services welcomes feedback both from the children and parents a short survey will be sent out at the end of your child's swimming, it would be very much appreciated if you would take the time to fill it in.

If however you require any further information then please either leave your contact details with our customer service advisors at County Hall:

telephone:

**0115 9772824**

email:

**[schoolsswimming@nottsc.gov.uk](mailto:schoolsswimming@nottsc.gov.uk)**

**If you require this information in an alternative language, large font, braille, audio tape or text only version, please call 0300 500 80 80.**