

Smart Vision School

Swimming Policy

Swimming as Part of our curriculum

We teach swimming:

- To meet the requirements of the National Curriculum;
- To support the personal and social development of children and their health and well-being;
- To promote a valuable life skill
- 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

Participation

- Parents must ensure that their children participate in swimming lessons as swimming is a statutory part of the National Curriculum. Parents do not have the right to withdraw their children from this element of the curriculum, unless the child has a specific Health Care Plan or certificate issued by a Medical Doctor.
- Generally, if a child is well enough to attend school, they will be expected to participate in swimming. Children who forget their swimming kits will be provided with clean spare swimming kits to allow them to participate.
- Children with authorised health exclusion will attend and observe the lessons from the side of the pool. This is in line with the other aspects of the PE curriculum delivery.

Swimming Kit

- Girls should wear a one-piece swimsuit
- Boys should wear swimming trunks (not baggy 'board shorts').
- Provision is made for full-length swimming costumes if desired.

Goggles

- Goggles are not needed for everyday swimming.
- 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.
- If a parent wishes their child to wear goggles in the school swimming lessons, they must make a request in writing to the school.

Changing Facilities

- Pupils in FS1 and FS2 change in their classrooms and class bathroom.
- Pupils in Yr.1 to Yr.6 change in the changing rooms.
- Changing room doors must be closed while the changing rooms are in use.



- Bags and clothes must be kept in lockers in the changing rooms.
- Parents or adult visitors may not enter changing rooms at any time unless under the direct supervision of the Lifeguard or PE Staff.
- Under no circumstances (other than to make a final check before locking the swimming pool doors) may a male enter the female pool changing room.
- From Yr.3 to Yr.6, females may not enter the male pool changing room unless in the case of an emergency, and vice versa.

Pre-swim Hygiene

- All swimmers must use the toilet and shower thoroughly before entering the pool.
- Young pupils who are still not fully toilet trained must wear a 'swimming diaper'
- Swimmers with shoulder length or longer hair must wear a swimming cap.
- Swimmers with chlorine allergies, open wounds, skin infections or verruca may not enter the pool. Pool use may only resume upon presentation of a medical clearance certificate.

Standard Pool Operating Procedures

- The Teacher in Charge is solely responsible and accountable for recording the number of pupils, teachers and assistants in the swimming pool area at any one time.
- The Teacher in Charge will take the register before and after each lesson.
- The number of pupils and adults counted in to the pool area will be recorded on the register and checked off before the Teacher in Charge leaves the pool area at the end of the session.
- In the event of an evacuation, the Teacher in Charge is required to bring the pupil register with them to the evacuation assembly point in order to account for every pupil in the class at the time of the evacuation.
- The registers must be kept current during the course of the session.

Records

- The Teacher in Charge and the Lifeguard will record all injuries, accidents and incidents in the Swimming Pool Log Book held by the PE teacher.
- Any injury requiring medical treatment from the school medical team will also be recorded on an SVS Incident Report Form available from the School Nurse.

Pool Equipment

- The PE staff are responsible for ensuring all pool equipment is safe to use and complete.

Safe Staff: Pupil Ratios for Swimming Lessons

- A Lifeguard must be present at all times while the pool is in use
- The Teacher in Charge must hold a valid lifesaving, first aid and CPR qualification.
- For FS1 and FS2 there will be 1 swimming teacher taking responsibility (Teacher in Charge), one class teacher and 1 teaching assistant for each lesson

- For Yrs. 1 and 2 there will be 1 swimming teacher taking responsibility (Teacher in Charge) and 1 teaching assistant for each lesson. Based on class numbers and assessed swimming levels, lessons for Yrs. 1 and 2 may require a second teacher participating.
- For Years 3 to 6 there will be 1 swimming teacher taking responsibility (Teacher in Charge) for each lesson

Signals and Alarms

- Lifeguards, Teachers and Coaches will use the following whistle patterns to instruct pupils:
 1. 1 short whistle for attention – stop and listen
 2. 2 short whistles – pupils to the poolside, remain in the water
 3. 3 short whistles – pupils to exit the pool as quickly as safely possible
 4. An extended whistle blast – Lifeguard or Teacher is entering the water

First aid arrangements

- A complete and updated first aid kit is readily available in the pool area. This will be checked by the school nurse once a month.
- The Lifeguard or Teacher in Charge will attend to any minor injuries including small cuts, bumps or falls as they occur. Any injury to the head or face area must be directed to the School Nurse.
- In the event of a serious injury, the Teacher in Charge will inform the School Nurse immediately and follow the Nurse's direction.
- An Incident Log Book is kept in the swimming pool area and all first aid interventions are recorded in this log.

Disabled Facilities

- There is no hoist available at SVS. However, in the case of pupils with disabilities, each case will be considered individually and every effort will be made to provide swimming lessons.
- Lessons may be in the shallow pool rather than the deep pool and may be 1:1 rather than as part of the class lesson to ensure that the pupil can swim safely and with adequate supervision and support.
- Changing facilities are accessible by all pupils. Any modifications to ensure easier access will be considered on an individual basis.

Diving

- Diving is only permitted into the deep end of the main pool which is 1.65m deep.
- Diving may only be undertaken under the supervision and instruction of the Teacher in Charge.
- Only standing, front entry dives are permitted.
- Divers must ensure the entry area is clear of other swimmers before diving and immediately exit the diving area once the dive is complete.

Use of Buoyancy Aids, Mats and Inflatables



- Non-swimmers must wear an approved buoyancy aid at all times in the pool area. All buckles and straps must be fastened.
- From time to time, kickboards, foam noodles and other floatation aids may be used for training purposes. Swimmers will use these for the purposes for which they were designed and intended and following the direction of the Teacher in Charge.
- On occasion mats and inflatable are used for fun sessions. The following rules will apply:
 - No jumping from the side of the pool onto the mats
 - No standing on the mats and inflatables
 - Mats and inflatables will be kept at least 1 m away from the side of the pool
 - Use of equipment will be regulated according to the normal school rules, even during 'fun' sessions.
- Inappropriate use of any pool equipment will result in the equipment being removed and may lead to closure of the pool or a suspension of swimming privileges.

Plant Room

- Access to the plant room area is limited to swimming pool technicians and maintenance staff only.
- The plant room door must be kept closed and locked at all times.
- The plant room must be kept tidy and organized free from rubbish, unmarked chemical containers, materials that can cause fire.
- Personal Protective Equipment [PPE] and fire extinguishers must be accessible at all times. Trained, certified and authorized personnel are responsible for water testing. No-one else may test the pool water.
- In the event of an emergency in the plant room, the room must be secured and both the Principal and the Administration Manager be informed in person or by telephone immediately.

Emergency Procedures

- In the Event of an Emergency, 3 short whistle blasts will instruct all pool users to proceed to the side of the pool, exit the water and proceed to the assembly point.
- Pupils at the assembly point will be under the supervision of the Teacher in Charge while the Lifeguard assesses the extent of the emergency.
- While the Lifeguard takes appropriate action, the Teacher in Charge will telephone the School Nurse, Principal, Administration Manager in that order.
- The Lifeguard may, at this point, instruct the Teacher in Charge to call the emergency services on 997, (Civil Defence) and/or 998 (Ambulance)
- All school staff will then comply with further instruction from the Principal, Nurse or Emergency Services.
- At the earliest possible opportunity, all SVS staff concerned will record the incident in detail through the Swimming Pool Incident Log Book and the SVS Incident Report.

Suspected Spinal injuries

- Suspected spinal injuries must be handled with caution and great care, to prevent further injury to the casualty.



- Responders to suspected spinal injuries must have received previous medical training in spinal injury (Nurse or certified First Aider).

Emergency Evacuation Procedure

- In the event of an emergency in the swimming pool area or the whole school alarm sounds, the Teacher in Charge will evacuate the pool by signalling with three short bursts of their whistle.
- Attendance will be checked by the Teacher in Charge and once every pupil is accounted for, the teacher will lead the class to the emergency evacuation meeting point
- A register will be re-taken at the meeting point. Any missing pupil must be reported to the Principal immediately.
- The Lifeguard will remain in the pool area after the class has left and complete a final check of the pool, pool area and changing rooms. It is the Lifeguard's responsibility to ensure no pupils or teachers remain in the pool area.
- Before leaving the pool area, the Lifeguard will secure and lock the pool doors.