

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 offers swimming lessons to approximately 125,000 pupils a year throughout Nottinghamshire. Swimming Instructors adhere to strict health and safety policies to make sure that your child has a safe environment for their swimming lessons. Our policies have evolved over the years in order to maintain standards, safety and wellbeing of all pool users.

We have created this information guide to explain some of the policies in place.

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



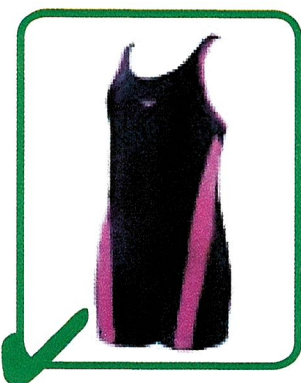
Swimwear

Boys require tight fitting trunks or shorts with no pockets and which are no longer than mid-thigh length. Jammers are acceptable (see middle picture).



Boys

The pictures to the left are examples of Acceptable boys' swimwear.



Girls

The pictures to the left are examples acceptable girls' swimwear. Please note, girls require a snug-fitting one-piece swimsuit.

The following pictures show **unacceptable swimwear**.



Long baggy shorts can come down accidentally, particularly when diving or surface diving. They also cause excessive drag, making it harder to maintain correct swimming position.

Two-piece swimwear is prone to coming off when moving fast in water, or when jumping in or diving.

Modesty Swimwear

The specific policy for this may be requested, prior to the lessons commencing.

Goggles

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.**

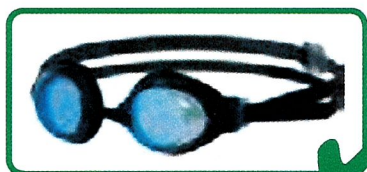
Occasionally children are asked to remove their goggles - for example when jumping in, learning to dive, and taking part in personal survival and water polo sessions.

Exceptions may be made for those wearing prescription goggles.

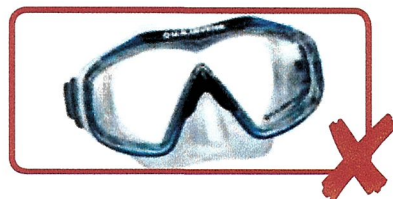
Goggles must be of the correct size (for primary age children these will be the junior goggles) for the child to ensure a correct seal around the eyes and should not be of a "mask" design.

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. The guidance also applies to religious jewellery as Health and Safety takes precedence.

Earrings cannot be taped over or covered by a hat, they must be removed

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.

New piercings should be done ideally at the start of the summer holidays. Children should be encouraged to move the piercing

