

## SWIMMING POLICY

May 2012

### Aim

Swimming activities and water safety are an important and compulsory part of the physical education national curriculum. Swimming, as part of the National Curriculum, cannot be disapplied for religious reasons eg during Ramadan.

It is our aim at Pudsey Bolton Royd to promote water confidence and to develop swimming strokes competently up to a distance of 25 metres. We hope to encourage all aspects of water safety from beginners to advanced swimmers.

### Procedure for transporting children to and from the baths: -

#### Leaving school:

- register and count children
- ensure all medical needs are taken to the baths
- walk in 2's to the bus on Moorland Road stop at points along Moorland Grove to ensure children keep together
- seat children on the bus (fill from the front) ensuring that they remove their bags and their backs are to the back of the seat - **count children before bus leaves**
- on arrival at the baths line the children up as they get off the bus
- walk in to baths and sign in - children to get changed and place clothes in lockers

#### Returning to school:

- line up in the corridor at the baths in 2's **count children before leaving baths**
- lead out of baths and line up at the bus collection point
- seat on the bus as before and count children before leaving
- on arrival back at school children to get off the bus and wait at a point for everyone to be ready
- walk along Moorland Grove back into school stopping and keeping children together
- make sure the school gate is closed after you after entering school.  
**NB** - insist that the children walk sensibly, quietly and stay in their line at all times

**Please check the bus when getting off at the baths and at school for any forgotten kit.**

**All Staff must be familiar with the Risk Assessment which is in the year group PE folder and the staff room. (And any relevant care plans for individual children).**

### SAFETY AT THE POOL

On the first visit to the pool the safety checks and alarms will be run through by you and the pool staff- ensure that all children are listening and are clear about the procedures:

- 1. walk at ALL times around the pool**
- 2. at the sound of the alarm or continuous whistle children MUST**

### **get out of the pool**

**3. once out of the pool children to sit with their backs to cubicle doors**

**4. nobody to re-enter the pool until the instruction to do so is given**

- when the children are changed they should walk and sit on the steps at the deep end of the pool
- ALL INHALERS AND MEDICATION AVAILABLE ON POOL SIDE WITH ADULTS
- when all children are assembled they should walk and shower and then move to their appropriate groups
- sit with backs to the cubicle doors and wait for instructions

### **Changing**

The school operates mixed gender swimming lessons. Children change in separate cubicles. Children are asked to provide appropriate swim wear that if required is religiously and culturally acceptable but all swim wear must meet the Health and Safety requirements of the swimming pool manager.

School is able to supply school kit to any child that may have forgotten to bring their own. This will be collected at the end of the swimming session and will be laundered by school before it is loaned again. Every care will be taken to ensure loaned kit is clean and dry prior to use.

This service is provided by school to ensure a child does not miss the chance to swim at every opportunity. The school places great emphasis on doing its very best to ensure every child is a 'swimmer' before leaving us.

### **Class organisation**

It is advisable to run at least three groups progressing along the pool side, from the beginners group to the top group, (see below) The teacher is in charge of the lesson and decides which group the children should be in. Remember that the teacher is responsible for the children at all times. ( Not the pool staff) The pool staff will assess the needs of their group and teach the appropriate work.

### **BEGINNERS**

This group of children are usually non-swimmers with little experience of a swimming pool and they are often afraid of the water. It is important to gain their confidence. At the pool there are a variety of aids to help support these children. Do not rush this group, it may build up a fear. Take time to play water games etc. and progress will come.

1. walk down steps into the pool
2. holding on to the rail -jumping up and down - how low can they go
3. various jumps, turns and walking through the water helps to gain confidence - washing hands and face is a good game
4. play games and use aids at the pool to encourage enjoyment so the children forget their fears

## Next stage

Children will be given arm bands, floats and noodles to help develop confidence in the water. These can be used to help the children lift their feet off the bottom of the pool and float. This will take time with some children, do not rush it.

As water confidence increases, stroke technique can begin. Begin to teach breaststroke initially.

1. leg action – frogs legs. Children to sit on float on pool side legs together straight, bend knees and bring heels up to touch bottom, kick out and round bringing legs together and repeat. Floats can be used in the pool to practice this working across the width of the pool.
2. arm action - arms outstretched. Hands cupped and fingers together. Pull hands round in a big circle and bring hands back together to start again. Noodles and arm bands can be used to help.
3. whole stroke - put arms and legs together. Head to stay above the water to encourage breathing. Noodles and arm bands can be used to help.

As confidence grows increase distance and decrease aids used

## MIDDLE GROUP

This group will work on the development of stroke and basic survival skills.

They should work within their depth and work on  
Developing breaststroke technique  
Developing backstroke technique  
Basic survival skills

## TOP GROUP

To work at the deep end of the pool. This group will continue to develop breaststroke and backstroke techniques. Front crawl may now be introduced. Survival skill can be taught to this group - treading water, surface dives, retrieving objects out of the pool, different forms of entry to the pool and why, etc.

NB - The school follows the QCA scheme of work to develop the children's swimming skills. Children progress through the QCA scheme at a rate appropriate to their ability.

This scheme can be found at the following web site - [www.nc.uk.net/safeswimming/index.html](http://www.nc.uk.net/safeswimming/index.html). Please use it to plan your activities, it includes detailed lesson plans with a clear progressive skill development.

Agreed by staff..... Date:

Adopted by Governors ..... Date:

Review date ..... Date: