**Swimming Information Pack for Parents and Carers**

Swimming is a life skill and we are extremely fortunate to have a swimming pool on our premises where all children from year 1 to year 6 can learn to swim. In order for lessons to go ahead we require the support of parent helpers. We have compiled the following information for parents to ensure swimming lessons can take place as seamlessly and safely as possible.

We recognise that in KS1 some children may need help changing. Children in KS2 should not need any help changing, unless this has been previously identified or discussed.

* All helpers must have an enhanced DBS. This is the same as the requirement for staff working in schools.
* Changing will take place in the school changing rooms, with boys and girls changing separately.
* Children are expected to dry themselves after swimming lessons.
* Children will be required to change by themselves unless they are unable to. Parents **must** inform the class teacher if this is the case. The class teacher will then inform the swimming teacher prior to the first lesson.
* For older children (aged 8+), parent helpers will remain outside of the changing room with the door ajar. For younger pupils (aged 8 and below), helpers may remain in the changing room when needed, with the door kept ajar.
* Parent helpers will monitor behaviour and support with changing when arranged in advance, or at a child’s request when they unexpectedly require help (e.g with a stiff button).
* Where possible, same gender adults will help with changing; however, if this is not possible then 2 adults will help.
* When helping a child, the changing room door will be kept ajar for the safeguarding of all. The parent helper will inform a second helper that they are going to support a child getting changed. They will help the child as quickly as they can and exit the changing room as soon as possible. If a child requires a lot of support, 2 adults will be present with the door ajar. In exceptional circumstance, a teaching assistant may be available if arranged in advance.
* Jewellery is not to be worn to school on swimming days (stud earrings are allowed if fully covered).
* No borrowing of swimwear is allowed.
* Children are expected to shower before and after swimming for hygiene purposes (in swimwear).
* If a child requires the application of medication following a swimming lesson, e.g. eczema cream, parents must discuss this with class teacher or welfare assistant prior to lessons beginning. Volunteer helpers will not be able to administer creams.
* To support children’s independence, the following clothing is recommended on swimming days – socks instead of tights, elasticated trousers.

**Behaviour**

Positive behaviour is expected in the pool area. Children will be managed in line with the school behaviour policy. If children are not following instructions and do not change their behaviour following a warning, they may be required to leave the pool side for their own and others safety. Parents will be informed if this is the case.

**Swimming kit**

* Swimming shorts/costume – not baggy or below knee length
* Swimming Hat – Swimming hats are mandatory. If you don’t have one you can purchase one with the school Logo on via parent pay for £5 and this will be handed to the children on the first lesson. This money will go towards the school pool fund.
* Goggles are optional but would be helpful
* Towel
* No underwear under swimming costumes for hygiene reasons
* Please label items with your child’s name where possible.

If you have any additional questions, please speak to the class teacher or swimming teacher.