

Kiltiernan N.S. Swimming Policy

Aims and Values

The aims of Kiltiernan N.S. are to work with qualified swimming teachers to implement the strands of the aquatics programme, which include hygiene, water safety, entry to and exit from the water, buoyancy and propulsion, stroke development, water based games and understanding the appreciation of aquatics.

We in Kiltiernan N.S. endeavour to promote the enjoyment of, and the positive attitudes towards physical activity and it's contribution to life-long health-related fitness. Swimming is a life skill, but also an enjoyable and purposeful use of leisure time. We endeavour to promote positive personal qualities in each child, i.e. developing competence and confidence in the water, thus enhancing positive self-esteem through acquiring a new skill in the different learning environment.

Safety

Personal safety in and around water is essential. Children from First Class to Sixth Class will travel to the pool, whilst all children will receive training in aquatic and water safety at school. The children must adhere to the rules of the local pool which will be gone through in detail before travelling. They must also adhere to our Code of Conduct and Discipline with particular attention to the following:

- We enter and exit the bus with great care at all times
- We will obey the pool and school rules at all times

- We will all be responsible for our own property
- We will obey the instructions of both the swimming instructors and the supervising teachers
- We will take care of our personal safety in and around the pool

Medical Conditions

As swimming is part of the Physical Education curriculum, and therefore compulsory, a medical certificate must be provided by those children **not** taking part in the class. Any medical conditions must be reported and the parent must make provisions for medicine, inhalers, injections etc. to accompany the child. Ventolin inhalers, anapens etc. should be packed safely in a separate compartment in the child's bag. Make sure your child can locate it easily.

Should a child be unable to attend the lesson, due to ill health or any other reason, he/she will travel with the class to the pool and remain under the supervision of the class teacher if class bubbles are still in operation due to Covid 19. Otherwise, the child may remain in school supervised by a class teacher at school.

Swimming Guidelines

Swimming and safe enjoyment of the water are important life skills and are incorporated into the Physical Education programme in the

Curriculum. We hope that as part of this aspect of your child's education she/he will also develop confidence, grow in independence and a sense of responsibility and care for their own property. In order to ensure that your child has an enjoyable and successful experience at the pool we recommend the following:

- Your child should bring a hearty lunch and an extra drink. We will have an extra snack on our return from the pool. The normal lunch policy rules apply.
- Your child can wear their swimsuit/togs under his/her uniform to school if they wish
- If your child has long hair it would be easier if it was tied in a ponytail/plait/bun.
- Your child should have a swimming bag/carrier bag for the following items;
 1. Bath towel
 2. Underwear
 3. Toiletries: Shampoo/Conditioner, shower gel. Deodorant should be a roll-on as no sprays/aerosols will be allowed. Please remember that the more items provided, the more responsibility your child will have to use, close and pack the items carefully. Keep it simple!
 4. Swimming goggles
 5. Swimsuit
 6. Swimming cap-obligatory

7. Swimming socks (recommended but not essential unless your child has verrucae)
8. Flip-flops/sandals for the shower-not essential
9. A waterproof bag to hold wet laundry inside sports bag afterwards.

- Children will be supervised at all times. However, in the case of an emergency each child will be familiar with an agreed emergency signal when uncomfortable/in trouble in the pool.
- The school will seek male supervision volunteers for the boys' changing area
- Primary/Emergency First Aid will be provided by the supervising teacher
- If necessary in the case of emergencies, an ambulance will be called
- Teachers will carry the list of contact details of parents of participating pupils and parents will be notified of any emergencies or serious incidents immediately
- On returning to the school any incidents will be recorded in the accident report book by the teacher present.

Parents/guardians will receive a standard letter providing information on school swimming before their child starts their swimming term. A

consent note, granting permission for a child to participate in swimming must be returned to the class teacher prior to the start of the swimming term.

Thank you for your co-operation. Please contact us if you have any queries/concerns. The development of your child's skills and confidence in the water is our main aim. We also want to develop a sense of growing independence and responsibility as part of this process.

This policy is subject to review on a two yearly basis. It was last reviewed on the of 8th June 2021.