



ST PATRICK'S CATHOLIC PRIMARY SCHOOL

*Faithfully following in the footsteps of Jesus,
we serve, love and learn together
inspiring each other to excellence.*

Swimming Policy

Introduction

At St. Patrick's Catholic Primary School, we aim to provide a meaningful and safe swimming experience for all children and reinforce the stated aims of the school in relation to physical education. These include; personal and social development of children and their health and well-being and to meet the requirements of the National Curriculum of being able to confidently swim 25m unaided using a preferred stroke.

Our objectives of Swimming in our school are:

- To swim 25m unaided using a range of strokes effectively.
- To swim in a safe, competent and proficient manner.
- To evaluate personal performance and that of others, in seeking to improve standards.
- To perform safe self-rescue in different water-based situations.
- To apply techniques associated with personal survival in water.
- To make sound judgements about the safety, or otherwise, of swimming opportunities and locations.
- To work cooperatively and responsibly with peers when engaged in water activities.
- To understand how swimming can contribute to overall health and fitness.

National Curriculum:

As in all National Curriculum areas, pupils are encouraged to progress to the highest possible level. With regards to water safety, pupils are assessed following a programme of study based on the principles and skills of water safety and survival. The requirement is for **all** Year 6 pupils to meet the statutory minimum standard of capability and confidence in swimming and safe self-rescue, as set out in the National Curriculum. The 3 requirements, by the time they are ready to leave KS2, every child is able to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres.
- Use a range of strokes effectively.
- Perform safe self-rescue in different water-based situations.

At St. Patrick's Catholic Primary School swimming is taught throughout KS2. As a school we publish current data from Year 6 stating the percentage of children who have passed the National Curriculum expectation. For those pupils that have not been identified as competent swimmers in Year 5, school has the means to use the PE Premium Funding to provide additional swimming lessons for those children.

Equal Opportunities:

All children have equal access to the Swimming Curriculum regardless of race, gender, creed or ability, in line with the school's policies on Special Education Needs. As a school we consider whether the safety of the session and quality of teaching would be enhanced by assigning additional staff. Any child with special educational needs will participate in all activities as far as possible according to his/her abilities, in consultation with the Special Needs Co-ordinator, parents and the Active Aquatics swimming instructors. Most children who require additional help will be able to join in with the rest of the class with activities simply adapted to their needs.

Roles and Responsibilities:**The role of the class teacher:**

- Counting children into and out of the building.
- Ensuring all medical equipment and/or requirements (e.g. inhalers, EpiPens etc) are taken to and from the swimming baths.
- The welfare of children in changing room.
- Teaching a group of children [agreed with swimming teacher and if competent to do so].
- Consulting with the swimming instructor and agreeing arrangements to be made about the provision for children with special needs and confirm risk assessment.
- Maintain close liaison with the swimming instructor concerning individual needs.
- Adhere to health and safety requirements [see below].
- Overall maintenance of good discipline.
- Children who are unable to swim will sit at the side of the pool and observe what their peers are doing and provide encouragement.

The role of the swimming teacher:

- Ensuring the water safety of all children and maintain a safe working environment.
- Record children's achievement in collaboration with the class teacher.
- Confirm attendance levels and any relevant medical information with the class teacher.
- Consult with the accompanying teacher and agree arrangements to be made about the provision for children with special needs and confirm risk assessment.
- Adhere to health and safety requirements [see below].

The role of Special Support Assistants:

- The welfare of specific children in the changing room.
- Supervision and oversight of designated child, ensuring the child understands and follows instructions.
- Consult with the accompanying teacher and agree arrangements to be made about the provision for children with special needs and confirm risk assessment.
- Adhere to health and safety requirements [see below].

Medical Information:

Class teachers will inform swimming instructors of any medical conditions that may affect pupils during the swimming programme.

In the case of children with serious medical conditions, such as heart conditions and epilepsy, class teachers will inform swimming instructors of any recent attacks and / or changes to medication. Children with epilepsy will have a designated spotter on poolside at all times.

Pupils with asthma must bring their prescribed inhalers to the poolside. In the absence of the inhaler it is the class teacher's decision whether or not the pupil swims.

If a child experiences a new medical condition during school swimming the teacher in charge will document it in writing and discuss the condition with the parent/guardian/carer and review whether the pupil is able to continue swimming.

Arrival and Departure

The children should always enter and leave the swimming pool area under supervision and be counted into and out of the swimming venue.

Supervision of Changing Rooms

It is the responsibility of the school staff to provide adequate supervision whilst the children are changing. All schools are provided with a designated section of the changing areas to use.

School staff will encourage good and sensible behaviour in the changing rooms. This will not only ensure the safety and well-being of pupils but will also help to set the tone of the lesson. Supervision of pupils when they are getting changed should be undertaken by school staff and/or an accompanying helper ideally of the same gender. Wherever this is not possible, there must be clearly understood and agreed procedures in place to enable staff access.

Swimming Attire

In accordance with the 'Safe Practice for School Swimming Lessons' document provided by Sefton, the children **MUST** wear appropriate swimwear.

- Boys – lycra swimming shorts or trunks (stretch close fitting with or without short legs) and a swimming hat.
- Girls – one piece swimsuit and a swimming hat

Bikinis/tankinis/board shorts/surfer shorts are not permitted under any circumstances.

The aquatics instructors reserve the right to refuse any children participation if correct swimwear is not worn.

Goggles

National guidelines discourage children from wearing goggles to prepare them for emergency water situations. For beginner swimmers, goggles are not considered to be necessary.

Jewellery

For the safety of the individual and the group, no jewellery of any kind is to be worn in the water and children will be encouraged to leave watches and other valuables at school. Taping over ear studs and bracelets is not acceptable as exposure to water can easily dislodge the tape.

Aquatic Instructors

The instructors will be responsible for the implementation of the National Curriculum and encouraging further progression through the Awards Scheme. The instructors are also responsible for the water based safety, organisation and instruction of the pupils, and will ensure the correct codes of Conduct and Safety are observed on the poolside and in the pool. The instructors should:

- Plan, develop and monitor the swimming programme in line with the national curriculum elements.
- Prepare schemes of work appropriate to pupil's age, ability and interest in line with the National Curriculum outcomes.
- Communicate with the class teachers to check pupil numbers before, during and after each session.
- Identify specific groups for each swimming session.

Responsibility of School Teachers:

School staff will remain on the poolside to provide an assisting role and to maintain responsibility of all pupils at all times.

The teaching of the children and the conduct of the class will be observed at all times.

The class teacher will take an active role in teaching on the poolside.

Teaching assistants should be prepared to assist both in and out of the water with their children.

The school is responsible for undertaking a periodic risk assessment of the school's swimming provision. This should be carried out jointly between the accompanying teacher and swimming instructor. When making decisions about pupils with special educational needs, schools need to ensure that the law relating to SEN Disability Act is followed whereby schools take all reasonable steps to avoid discriminating against pupils on the grounds of their disability.

- Suitable clothing and appropriate footwear should be worn by the class teacher.
- Make sure that the children are aware of the deep and shallow ends of the pool.
- Know the location and function of safety equipment – the telephone, resuscitation apparatus and first-aid box.
- Know the Normal Operating Procedures of the pool and Emergency Action Plan arrangements.
- Ensure that the pupils understand and regularly practise their response in an emergency.
- Check the condition of the all equipment for safety.
- Be able to contact pool staff immediately in the event of any emergency.

Pool Organisation

The teacher should count the number of children prior to entry into the water and on leaving the water. The teacher should have a risk assessment which clearly identifies children who may be at risk in a water environment [for example, children with epilepsy, diabetes or asthma] or who have skin complaints such as eczema which could be affected by chlorinated water. Medications should be on hand at the poolside and be easily accessible.

Lesson Structure and Organisation

- Children should be familiar with routine procedure when entering the pool area – for example, they should know exactly where to stand, sit or line up.
- No child should be allowed to enter the pool area or water until told to do so.
- Staff will be expected to promote positive behaviour management at all times and appropriate provision will need to be made to support pupils in water where their needs indicate.
- The instructor and teacher will need to adopt a position on the poolside such that all pupils in her or his care are constantly visible.
- Where possible, children are grouped according to ability

The following factors need to be considered when determining teacher/instructor pupil ratios:

- The age of pupils.
- The range of their swimming ability. This should be known by the teacher and instructor and each new pupil should be checked at the first lesson in shallow water.
- The ability of pupils to comprehend instructions including their command of the language in which the lesson is taught.
- How any difficulties will be overcome.
- Any physical disabilities or learning difficulties.

Assessment and Recording

The swimming ability of the children will be assessed at the beginning of a unit of work by the swimming instructor and children will be grouped accordingly. The class teacher will provide ongoing summative assessments of the children's progress and will assess them at the end of their unit of work using the assessment criteria provided by The Get Set for PE scheme and the National Curriculum guidelines.

This Policy will be reviewed annually.

Signed: Sarah Grant (P.E. Subject Leader)

Date: July 2024