



Dear Parents/Carers,

Thursday 1<sup>st</sup> September 2022

In line with the national curriculum, year 4 pupils will be swimming every week starting from **Thursday (08/09/22)** for 6 weeks, with the last session being **October 13th**. We will be walking to and from the swimming pool so please ensure your child has a waterproof coat to wear in case of bad weather. We will be discussing road safety during school, but it would be appreciated if you could discuss this with your child in addition to this.

Please make sure your child has all the relevant kit;

- **One-piece swimsuit for the girls, tight fitting trunks for the boys, knee length shorts are not allowed.**
- **Towel**
- **Goggles (Please complete and return the form if you wish for your child to wear goggles, if you have done this already last year you do not need to do the form again. <https://forms.office.com/r/sdAPpHg3Y8>)**
- **No earrings**
- **Hair tied back**
- **Avoid tights if possible as they are hard for the girls to put on when damp.**

During the initial session each child will be assessed by Mr Pharoah and the swimming instructors, who will then assign your child to the appropriate group. We will then continue to monitor their progress over the coming weeks and adjust the groups as necessary.

If anybody is available to assist us with **either walking to and from the pool or to be a poolside observer** during the coming weeks, please email Mr Pharoah on [callum.pharoah@crossdale.notts.sch.uk](mailto:callum.pharoah@crossdale.notts.sch.uk).

As always, if anyone has any questions don't hesitate to get in contact with me.

Many Thanks

Mr Pharoah

Nottinghamshire County Council

Schools' Swimming Service

Dear Parent/Carer,

WEARING OF GOGGLES/ GLASSES DURING SCHOOL SWIMMING

It is the recommendation of the Schools' Swimming Service that children who wish to wear goggles/ glasses during school swimming lessons can do so providing the parent/ carer sign the attached disclaimer and ensure the guidelines are followed.

- THE AIM OF SCHOOL SWIMMING SERVICE IS TO TEACH CHILDREN WATER SAFETY. If a child is in a dangerous situation in open water it is very unlikely that they will be wearing goggles, it is therefore necessary to practise without goggles during the course of the school swimming sessions.
- During the school swimming program DIVING SHOULD BE UNDERTAKEN WITHOUT THE USE OF GOGGLES however, as the pupils become competent in diving then practise with goggles may take place providing the tuition is undertaken by a fully qualified ASA / STA Level 2 Swimming Instructor.
- GOGGLES CAN BE WORN AT GALA'S providing the parents/ carers are confident that their son/ daughter have received adequate training from a qualified member of staff in the use of goggles during diving and have signed the attached disclaimer.
- Goggles however, are not considered a necessity for school swimming, but can be worn if the attached disclaimer is signed.
- The use of prescription goggles is acceptable providing an individual risk assessment is carried out and the attached disclaimer is signed.

Some goggles are only suitable for competition swimming, diving and sub-aqua work. Advice should be sought before purchasing goggles as ill fitting goggles can equally be a hazard. The purchase of junior goggles is recommended to parents (although they may appear small to people that are unfamiliar with goggles) they create a better seal.

The service requests that you the parent/ carer have read and understood the manufacturer's advice concerning the use and maintenance of goggles, and that you have explained the advice to your son/ daughter. In particular, ensure you have covered warnings on eye safety. For example:

- **USE CARE IN ADJUSTING AND REMOVING ALL SWIM GOGGLES** especially when wet, as there is risk of an impact injury to the eyeball.
- **ENSURE** that the straps on the goggles are correctly fitted and adjusted prior to attending the lessons.
- **DO NOT** use goggles if skin is broken. Discontinue use immediately if irritation occurs.
- **DO NOT** swim underwater below two metres.
- **DO NOT** pull them away from your face - they can spring back and hurt eyes.'
- **DO NOT** allow any other child to wear your goggles
- **'TO REMOVE GOGGLES SAFELY** take hold of the eye pieces and lift them gently up onto your forehead and then push over the top of your head.'
- **PLEASE ENSURE GLASSES ARE ATTACHED TO A LANYARD** or swimming strap during the course of the lessons and gala.

Nottinghamshire County Council

Schools' Swimming Service

Many thanks

Mr Pharoah