

# GILLINGSTOOL PRIMARY SCHOOL

*Inspire ~ Believe ~ Achieve*



## SWIMMING POLICY

Signed ... 

Name: Dave Llewellyn

Chair of Governors

Date: January 2020

Signed  .....

Name: Caroline Carter

Headteacher

Date: January 2020

## **Rationale**

Swimming at Gillingstool aims to develop pupil's basic stroke technique and water confidence. It is also concerned to promote an understanding of the dangers of water and the pool area and the positive behaviours required for safe practice. We want to develop physically active children with the ability to make informed decisions about staying safe in the water.

## **Purposes**

- To enable children to become confident and safe in the water.
- To ensure children are fully aware of the dangers of water and the pool area.
- To enable children to understand the importance of following the pool safety rules.
- To contribute to the physical and mental development of each child.
- To enable children to experience a sense of achievement through swimming and enhancing their self worth.
- To help children learn how to communicate and co-operate with each other in a pool environment.
- To develop a respect for the efforts and successes of others.
- To enable children to develop the basic strokes of swimming and attain a minimum swimming distance of 25 metres by the end of Y6.

## **Guidelines**

- There must be a minimum of 2 swimming instructors in the pool area of which at least one must be poolside. The poolside instructor must be deemed 'competent' in that they hold a valid National Rescue Award for Swimming Teachers and the School Swimming Teachers award. The rescue award is only valid for two years.
- A programme of work should help children extend and refine their physical skills and enrich their understanding of the rules and conventions of a range of sporting activities.
- All staff must adhere to the school PSOP (Pool Safety Operating Procedure) which is displayed on poolside.
- Staff swimming instructors must ensure that children are aware of all the relevant and appropriate rules contained in the PSOP.
- Staff must ensure that all swimmers follow the basic hygiene rules of toileting and showering prior to entering the water.
- Staff must ensure that all swimmers are aware of safety and emergency procedures.
- All children should be actively be involved in a continuous process of evaluating and improving the quality of their water confidence/stroke skills as age appropriate.
- Children need to wear appropriate swimming clothing (i.e. no board shorts or bikinis) and no jewellery is permitted.
- Programmes of work should be consistent, building on children's earlier experiences. They should provide increasing opportunities for children to take greater responsibility for setting their own challenges, improving their performance and discovering their own aptitudes, abilities and preferences.
- The maximum number of children in the school pool for a swimming lesson is 16.
- All children should have equal rights to take part in swimming activities.

## **Conclusion**

Physical Education aims to build on children's natural enthusiasm for movement. It seeks to develop a pupils individual physical competencies, enhancing self confidence and improving lifestyle skills such as teamwork, communication and problem solving. Swimming is an ideal opportunity to develop these competencies.