

## Hobbayne School Swimming Guidelines

***Our school has a responsibility to provide a broad and balanced curriculum for all pupils irrespective of 1) age 2) disability 3) gender reassignment 4) marriage and civil partnership 5) pregnancy and maternity 6) race 7) religion or belief 8) sex 9) sexual orientation and 10) socio-economic status.***

- All swimming lessons are carried out by qualified instructors
- The first lesson of each course will be an assessment session to determine the child's ability so he/she will be placed in the most appropriate group. The one hour session includes registration and change over of classes. It is important that the Instructor is advised of any child that suffers from any medical condition i.e. asthma, ear problems, etc.

### **DO's**

- Wear a verruca sock if suffering from a foot disorder
- Wear appropriate swimwear (beach/fun short are not advisable) i.e. a one-piece swimsuit for girls swimming trunks NOT shorts for boys
- Wear a swimming hat at all times (boys and girls)
- Allow children to use toilets and blow noses before lessons
- Ensure child is dried thoroughly before leaving building
- Rinse swimwear after use

### **DON'Ts**

- No goggles please unless absolutely necessary and with a doctor's note
- Please remove all jewellery including earrings
- Bring children swimming within an hour of eating a main meal
- No armbands
- Arrive late as this disrupts the lessons
- Don't allow your child to swim if they have a serious cold or cough

### **CHANGING**

- For school swimming lessons children will change in the single sex group changing area or on the benches in the main changing rooms
- They will be supervised by at least one member of staff of the same sex as the group
- The children will dry and dress themselves. Assistance may be given with putting on swimming hats
- When a child's special need requires them to be assisted with dressing the adult will either do so in the main dressing area with children and other adults as witnesses or in the disabled facilities. This will be according to need
- When changing in the disabled facilities there will always be two adults present and they will follow the Intimate Care Policy.