

## APPROPRIATE SWIMWEAR FOR PUPILS TAKING SCHOOL

### SWIMMING LESSONS

**GIRLS: One-Piece swimsuit and hat,** these are purchased at all main outlets clothing/sports/ supermarkets. Bikini's and two piece suits are not appropriate for a swimming lesson in schools. The tops and bottoms can ride up or down whilst learning to swim.

**ALTERNATIVE SWIMWEAR FOR RELIGIOUS REASONS:** These MUST be snug fitting, otherwise will interfere with the movement of limbs and body in the water, they will also be extremely uncomfortable for the swimmer.

1. Basic swimsuit with knee-length cycle shorts underneath and hat.
2. Long sleeved leotard with knee length cycle shorts or mid-calf length leggings and hat.
3. High neck, zip-up, short sleeved, mid-thigh length type all-in one and hat.

For safety reasons it is inappropriate to wear all-in-one suits, and suits that have dresses or skirts attached and drop to the knees, the wet fabric will pull the potential swimmer downwards and make them unstable in the pool. It is important for swimming to be a positive, safe and pleasant experience for each new pupil, they should be able to feel the water on the skin and be able to grip the bottom of the pool with both feet. Being able to balance and move about freely with no restrictions is very important when learning to swim. The new swimmer should not be restricted in any way that jeopardises their safety.

Long sleeved leotards can be purchased at sports shops/dance outlets.

High neck zip-ups, can be purchased High neck zip-ups, can be purchased at Tesco, Hayes Branch, some Sainsbury's and most usual high street sports/clothing stores. If a parent chooses to have an outfit specially made, for the safety of their child they must follow the guidelines above.



## APPROPRIATE SWIMWEAR FOR PUPILS TAKING SCHOOL SWIMMING LESSONS

### BOYS: Swim trunks / Box Swim trunks / Jammer Swim trunks and Swim Hat.

These are purchased at all sports shops and main shops like Tesco, BHS, Sainsbury's etc. The prices can range from £2.99 upwards.

**NO SHORTS** as the fabric when wet becomes heavy in weight, clings to the legs, pulls the legs downwards, making it harder for the pupil to swim effectively and efficiently whilst swimming in the water.

