

3<sup>rd</sup> January 2018

Dear parents/carers

Your child will be participating in swimming lessons at Avondale Swimming Pool every **Tuesday afternoon from the 9<sup>th</sup> January 2018** until the end of the academic year.

Swimming is an essential part of physical education within the National Curriculum. The Stockport Schools' Swimming Programme operates with children in Key Stage 2 and offers the following advice for parents:

- The programme is delivered by a swimming teacher and a class teacher working in partnership. If you have any worries or concerns with reference to your child and swimming, please contact the school.
- The school must be informed of any medical conditions that might affect your child's performance in lessons. If your child has a serious medical condition, such as epilepsy or a heart condition, medical clearance and written permission from you are both essential for your child to take part in the normal swimming programme. If your child suffers from asthma, it is important that they have the prescribed inhaler in school and this will be taken to the pool by a member of staff. Similarly, if your child has emergency medication in school this will also be taken together with their health care plan. If your child has a severe visual problem and needs to wear glasses/prescription goggles, you should attach elastic to them to keep them in place.
- Your child's swimwear needs to be close fitting in order not to hinder movement or produce resistance. Low cut costumes with straps that fall from the shoulder, bikinis and baggy shorts seriously restrict a swimmer and are not appropriate for swimming lessons. If, for cultural or religious reasons, your child is not allowed to wear the usual swimwear please contact the school.
- Where loose hair is long enough to impair vision, a swim cap is advised or, as a minimum, long hair should be tied back at all times.
- **The wearing of any jewellery is strictly forbidden.** The only exception to this rule is a medication identity bracelet where a sweatband should be worn to cover the bracelet.

- Goggles are not necessary for school swimming lessons. It is important that children are comfortable in and below the water without the use of goggles. However, there may be medical reasons why they need to be worn and the class teacher should be informed of any such reasons.
- Your child will be assessed when they start their school swimming lessons. This is to clearly identify his/her level of swimming in terms of the various skills and techniques. The distance your child can swim is **not** the criteria used in this assessment. Your child will then be placed in a group suited to his/her ability.
- The shallow end of the pool is not just used for non-swimmers and beginners, but is also used to teach appropriate skills. Similarly, your child may be given the opportunity to experience deep water. The swimming teacher will make the best use of water space, ability and staff numbers.

In addition to the guidance given by Stockport Schools' Swimming Programme, please also note the following:

- The children will be travelling to and from Avondale by coach.
- If your child is unable to go swimming, please provide a note explaining the reason. Children who are excused from swimming will remain in school.
- Please do not send snack food. The children are offered fruit on their return to school.
- High standards of conduct are expected of all the children. If it is felt that a child's conduct is a risk to themselves or others, parents/carers will be contacted.
- Safety is of paramount importance. Basic safety rules will be explained to all the children prior to their swimming lesson and will be reiterated by the swimming teacher at the pool.

Please contact school if you have any worries or concerns with regard to swimming.

Yours faithfully

Mrs J Band  
Principal