

## Swimming Policy Scoil Bhríde Clane

**B: Introductory Statement:**

The Principal and teaching staff, in consultation with the Board of Management, devised this policy.

**C: Rationale:**

This policy was drawn up to address matters of an organisational and procedural nature in relation to running swimming classes and to heighten awareness of the various associated safety issues.

**D: Relationship to Characteristic Spirit of the School:**

Attendance at this course fulfils the aquatics strand of the P.E. curriculum as laid down by the Department of Education and Skills.

Should a child be unable to attend the course, due to ill health or any other reason, she must supply a medical certificate. Such pupils will remain in the school in another classroom with appropriate work until the return of the class.

**E: Aims:**

- (i) To enable the child to gain competence and confidence near, in, under and on water.
- (ii) To provide unique opportunities for enjoyment, allowing the child the sensation of buoyancy.
- (iii) To maintain an emphasis on enjoyment, as proficiency is acquired in specific techniques, including learning a variety of swimming strokes.
- (iv) To emphasise the constant need for safety, in relation to all aquatic activities.
- (v) To formulate simple safety rules for pupils and teachers alike.
- (vi) To maximise the opportunity for all pupils to be included.

**F: General Information:**

- (i) Swimming lessons will take place in K-Leisure, Naas.
- (ii) Our appointed day is Thursday (or as sessions are available).
- (iii) Pupils and Teachers (+S.N.A. if required) will travel by hired coach, to Naas.
- (iv) Swimming classes will be provided from 2<sup>nd</sup> → 6<sup>th</sup> inclusive.
- (v) Children will not be excluded due to financial constraints.

**G: Swimming Coaches:**

The swimming coaches are assigned to us through K-Leisure in Naas. Their qualifications are suitable and to the satisfaction of Scoil Bhríde. They have been screened by the Irish Water Safety Association.

**H: Swimming Classes:**

- (i) The girls are instructed in three different groups, Beginners, Average and Competent.
- (ii) Teachers supervise pupils from the nearest area allowed.
- (iii) Teachers may hold inhalers for pupils who suffer from asthma.
- (iv) A list of relevant medical conditions of the pupils will be passed onto the swimming coaches.
- (v) **Children with severe difficulties will be identified to the coaches.**

**I: Costs:**

**N.B.:** Costs may rise from year to year.

Cost of Pool per session	=	€95.00
Cost of Bus per session	=	€110.00 - €160 (depending on numbers)
Cost of Tuition, per session	=	€75.00 (€25 per teacher)

\* Cost to each pupil = €8.00 per session.

\* Cost of bus may vary depending on class sizes. Extra minibus may be required.

\* These costs may/will be subject to change, according to requirements.

\* **Inability to pay costs involved will not deprive any child of the opportunity to participate.**

**J: Timetable: Sample**

**Time Allocated: 12.40p.m. – 1.10p.m.**

(i) Bus departs from school at 12noon.

(ii) Bus arrives at Naas Pool at 12.30p.m.

(iii) Class commences at 12.40p.m.

(iv) Class ends at 1.10p.m.

(v) Bus departs Naas at 1.30p.m.

(vi) Bus arrives back to school at 2.00p.m.

\* Again these times may/will change according to availability of swimming pool sessions.

**K: Record Keeping:**

(i) Permission notes to be signed before commencement of classes.

These will be retained by the class teacher

(ii) If any relevant medical condition may affect a pupil's safety during the swimming class, then details must be given in a letter signed by a parent, to the school Principal/Assistant Principal or class teacher. This information will then be passed on to the swimming coaches.

**L: Rules for Pupils:**

(i) Usual Pool rules apply i.e. walk at all times as pool deck may be wet or slippery, no diving or jumping into pool, etc.

(iii) Gear needed: towel, swimming cap, swim-suit, swimming aids (arm bands) swimming socks (not compulsory).

(iv) Children shower before and after swimming. As time is limited, there is no need to bring shampoo/gel.

(v) **Spray deodorants are strictly forbidden.**

(vi) No food or drink allowed in dressing rooms or pool area.

(vii) If child needs to use the bathroom, he must ask the Teacher's permission.

(viii) If a child feels unwell during the swimming session, he should inform a teacher.

(ix) All children will be encouraged to participate. Lack of funds will not prevent a child from participating.

(x) No food or drink to be consumed while travelling on the bus.

(xi) **Pupils must remain seated at all times during bus journeys and wear seatbelts.**

**N.B.:** Pupils who do not obey the rules will be banned from one or more swimming classes.

**M: Reminders for Teachers:**

- (i) School will inform parents that dressing rooms are not continuously supervised. Teachers may stand at doors and give instructions.
- (ii) It is the teacher's duty to supervise the children, as they enter and exit the pool. They must also supervise the children while swimming instruction takes place from the observation area.
- (iii) Teachers will have a list of those who suffer from Asthma. Teachers may be asked to hold inhalers for children who may need to use these during class.
- (iv) Teachers will check to see if all children are present before leaving the pool.
- (v) Teachers will remind children not to eat a big lunch before swimming.
- (vi) If a child is in school but due to illness or forgotten gear, is unable to attend swimming class, she must be transferred to another classroom, where she will be supervised.

**N: Guidelines for Supervision:**

**Adults present:** 2 Teachers, 3 Instructors, 1 Pool Lifeguard. An SNA will also be present if one assigned.

**O: Insurance:**

A copy of our School Insurance will be faxed each year to Kildare County Council, before swimming classes commence.

Pupils are covered by the Personal Insurance Scheme (Accidents) as these classes are a "School Related Activity".

**P:** A copy of this Policy will be given to all staff members, following its ratification by the Board of Management. It will be available to parents, in the office, on demand.

**Review:**

This Policy will be reviewed every three years, or sooner if required by Legislation or Department Circular.

**Q: Ratified by the Board of Management on \_\_\_\_\_**

**Signed: \_\_\_\_\_ (Chairperson)**

\_\_\_\_\_  
**(Principal)**

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**Permission Slip**

**(a) I give my daughter(s) \_\_\_\_\_ permission to attend swimming sessions in Leisure Centre, Caragh Road, Naas.**

**(b) Please give details of any relevant medical condition (e.g. Asthma):**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Signed: \_\_\_\_\_ Date: \_\_\_\_\_**