

## SWIMMING POLICY

### Mission Statement

To provide a stimulating, conducive and friendly environment that will develop the swimming abilities and key life skills of the learners. To support excellence in learning and character of all learners, while meeting national and global benchmarks in swimming.

### Aim

- To increase the water confidence of beginners.
- To provide a meaningful, safe and enjoyable swimming experience for learners.
- To support health and fitness of learners and imbibe a consciousness of healthy activity as they grow and mature into adulthood.

### Target

Learners will be taught:

- To pace themselves in floating and swimming challenges related to speed, distance and personal survival.
- To use a range of recognised strokes, techniques and personal survival skills.
- To become competitive swimmers.

### THE SWIMMING INSTRUCTOR

- The Swimming Instructor will possess appropriate qualifications.
- The Swimming Instructor will be familiar with all Health and Safety requirements and procedures.
- The Swimming Instructor will possess appropriate First Aid qualification.

### ORGANISATION

- Each swimming class will span 1.5 hours and shall include warm up drill (15 mins) and instructional class (1hr 15 mins) and shall be coordinated by the Instructor.
- Learners are grouped based on individual ability and skill level and would be assigned to the appropriate class by the Instructor.
- Swimming training shall be on weekends (Saturday and Sunday). Additional classes during the weekdays shall be as advised by the Instructor where applicable.



### ARRIVAL & DEPARTURE (SWIM CLASS)

- Learners must be punctual and strictly abide by their allocated grouping.
- Learners must enter and leave the swimming pool area subject to Instructor's advise.
- Learners must be counted in and out of the swimming pool area.

### HEALTH and SAFETY

- The swimming pool area is a place of work and should be treated as a classroom with the same rules regarding behaviour.
- The Swimming Instructor has overall responsibility for the teaching and safety and will be supported by the Assistant Swimming Instructor to manage the behaviour of the learners within the pool area.
- Learners would be taught the Pool Rules by the Swimming Instructor.
- All learners must clearly understand the emergency drill for the pool area and this should be practised regularly.
- Learners would be taught how to attract the Swimming Instructor by shouting or waving.
- Learners should be familiar with routine procedures when entering the pool area – exactly where to stand, sit or line up.
- The Swimming Instructor shall adopt a position on the poolside/in the water such that all pupils in her or his care are constantly visible.

### BEHAVIOR

- Learners may not eat large meals at least 1.5 hours prior to starting the swimming lesson.
- Food or drink may only be consumed after completion of the swimming lesson.
- Learners may not blow noses or urinate into the pool during lessons. These should be done prior to the start of the lesson and learners would be excused from the pool once permission is sought from the Swimming Instructor.

### MEDICAL CONDITIONS

- The Swimming Instructor must be duly informed of any medical conditions that require medication at the poolside, such as inhalers. These should be made available during the swimming lesson.
- Learners with a skin condition or open sores may not participate in swimming lessons, until cleared with a valid medical certificate.
- Learners who are unwell may not participate in swimming lessons, until cleared with a valid medical certificate.



### RECOMMENDED DRESS CODE

#### GIRLS

- ✓ Comfortable one-piece swim wear  
*Note: For ease of movement and comfort, bikini or*

*other loose fitted two-piece swim wear are not*

*advised for swimming classes*

- ✓ Towel
- ✓ Swimming cap
- ✓ Well fitted goggles
- ✓ Slippers with a good grip
- ✓ Appropriate swim bag  
*Note: Nylons/polythene bags not recommended*

#### BOYS

- ✓ Comfortable swimming trunks  
*Note: For ease of movement and comfort, board shorts,*

*loose shorts or swim briefs are not advised for swimming*

*classes*

- ✓ Towel
- ✓ Swimming cap
- ✓ Well fitted goggles
- ✓ Slippers with a good grip
- ✓ Appropriate swim bag  
*Note: Nylons/polythene bags not recommended*

### USE OF GOGGLES

The use of goggles is recommended because learners are involved in lengthy training sessions and to prevent excessive reaction to the chemicals in the water.

However, note that goggles are not needed for everyday swimming. In the event of a learner being involved in a hazardous water situation (outside of this controlled swimming environment) it is not likely that goggles would be available. It is highly desirable therefore that a learner can swim without being dependent on goggles. Swimming without goggles would be taught as required.