



Friezland Primary School

Church Road, Greenfield,
Oldham, OL3 7LN.

Tel No: 01457 872601

E-Mail: info@friezland.oldham.sch.uk

Website: www.friezlandschool.co.uk

Headteacher: Miss R Swaby B.Ed (Hons) PGCE

5-09-17

Swimming Lessons – Class 3

Dear Parents,

From September, Class 3 will participate in weekly swimming lessons. These lessons will take place across the whole of the Autumn Term and the first half of the Spring Term, ending at February half-term.

Swimming lessons will begin on **Wednesday 13th September**. We will be leaving school by coach at 9:00 a.m. and will return for the start of the morning break at 10:30 a.m.

It is a requirement of the National Curriculum that all children attend swimming lessons during KS2. The swimming programme is designed to meet the needs of the National Curriculum and qualified swimming teachers work in partnership with the school, to deliver quality lessons. Because of this, these lessons are skills based and do **not** usually have the same format as other swimming lessons taught out of school. Pupils are assessed against a comprehensive awards scheme, which has levels to suit all abilities. The water safety and Personal Survival Awards are also covered in KS2.

If we are not already aware, you must inform the school of any medical conditions which may affect your child's performance during the lessons. Certain conditions will require medical clearance prior to your child taking part. If your child is asthmatic, it is essential that they take their inhaler to the pool with them. Class teachers will check for this before leaving school, however particularly with older pupils, it would be helpful if you could reinforce this to them and encourage them to carry their inhaler with them or give it to the staff member in charge before the lesson.

Due to health and safety regulations the School Swimming Service has a **strict** dress code which should be adhered to at **all** times.

Swimwear

Boys: Trunks or swim shorts. Shorts must have a lining and be **no** longer than mid-thigh.

Girls: 1-piece costume. Close fitting leotards and footless tights may also be worn where normal swimwear is not appropriate (e.g. medical/cultural reasons).

Hair

Hair must **not** impede vision whilst swimming. If necessary, hair must be tied back or preferably, a swimming cap worn.





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Jewellery

All jewellery **must** be removed because of the potential danger to the wearer and other swimmers. The only exception to this rule is a medical alert bracelet, which should be covered by a sweat band. If your child has newly pierced ears you should forward a letter to the swimming teacher accepting responsibility should any injury/loss occur during the initial 6-week period. At the end of this period the studs must be removed.

Goggles

Beginners and improvers will not be allowed to wear goggles as it is important that children develop water confidence and are comfortable performing a range of activities without the use of goggles. However, if there is an underlying medical condition, which necessitates the wearing of goggles a letter from your doctor will be required. Competent swimmers will be allowed to wear goggles at the discretion of the swimming teacher (competency is awarded once children have achieved a range of standards from the award scheme used).

Should you wish your child to be excused from a swimming lesson (e.g. due to injury etc.), you should send a letter stating the reason, to the class teacher prior to the swimming lesson. Please note your child will still attend the swimming session with the class but as a spectator. Having a verruca is not an excuse to miss a lesson. If you suspect your child has a verruca, a rubber sock should be worn until the infection has cleared.

Finally, could you please ensure that your child has the correct kit (swimwear, towel, spare socks, swim cap/bobbles) with them on the day of their lesson as it is difficult for staff to have to try and arrange kit to be dropped off at school later.

I hope this information has provided you with the answers to the questions many of you have as your child begins swimming lessons with school, particularly when it is for the first time. Should you have any more queries, please do not hesitate to contact school.

We appreciate your co-operation with both Friezland and the Swimming Service's regulations.

Kind regards,

Friezland Primary School.

