

POLICY ON SWIMMING

Rationale:

- The school has regard to both the physical and mental development of each of its pupils. Believing that a healthy body promotes a healthy mind, the school arranges for sixteen swimming pool lessons for each of its students during the school year.
- **Swimming is a compulsory facet of the Primary School Curriculum.** Attendance at this course fulfils the Aquatics Module of the PE Curriculum as laid down by the Department of Education. Parents defray the cost of the course.

Aims/Purposes

- To enable pupils to acquire basic swimming skills while they are at Milford National School.
- To comply with the requirements of the Revised Curriculum in Aquatics.

Procedures Guidelines

- Each pupil will attend sixteen sessions in a swimming pool annually from Senior Infants to Sixth class
- The swimming pool at Plassey Arena has been reserved for thirty-two weeks on Tuesdays, Wednesdays and Thursdays from September to June.
- Costs incurred by hiring of pool, and payment of instructors necessitate a charge being imposed on each pupil. Inability to pay will not preclude a pupil from participating fully in swimming classes.
- **A pupil who needs to opt out of a swimming class for a medical or other reason should provide a note of excuse, written and signed by the parent. A medical cert will be required if there is a medical condition which precludes the child from swimming on a long-term basis.**
- All children attending the course should wear their tracksuit. Swimming togs may be worn under tracksuits coming to school. Each child must have a suitable bag to carry his/her swimming gear such as a sports bag or similar type of bag with a secure zip or other fastening.
- All items brought to the pool must be clearly labelled with the child's name. This includes the bag, tracksuit, socks, underwear and shoes.
- Each child must have their own togs, towel, hair brush and swim cap, all of which must also be marked.
- While in the pool, pupils must endeavour to obey the instructor's orders at all times and comply with the School Code of Conduct.
- Teachers of all classes should remain on the viewing deck during the lesson in order to supervise the overall group and pupils who may need to use the toilets during the lesson.
- **In the event of swimming gear being forgotten it is customary for teachers to send the pupil to the office to phone home.**

Instructional Arrangements

- A swimming programme for all classes from Senior Infants to Sixth is organized in September
- Parents are notified of the swimming time-table as soon as it is compiled in September
- Instruction in the pool will be provided by Plassey Arena coaches.
- Also, a number of senior infant parents will be requested to help with supervision of and dressing of children. In compliance with legislation any parents who help with dressing of children will be obliged to undergo garda vetting by the school.

Travel and Supervision Arrangements

Pupils will be accompanied by and supervised by class teacher on the way to and from the pool and the school. Pupils will walk to the pool at Plassey Arena and the class teacher and SNA (if applicable) will provide supervision before and after the swimming lesson. Only with written permission signed by the parents/guardians will pupils be permitted to miss their swimming lesson.

Health and Safety

Best practice in relation to the supervision, instruction and child protection procedures as outlined by the Irish Sports Council, Swim Ireland and the National Safety Council will be adhered to at all times.

Pupils are required to behave at all times in a manner that ensures the safety of all involved in school swimming.

Where a parent/guardian has a health concern regarding their child's participation in swimming, professional advice should be sought and a medical certificate should be provided explaining why the child may not go for swimming lessons.

In the best interest of the child, it is the duty of parents/guardians to inform the class teacher and/ or Principal with regard to any health condition that may affect the child in the pool. This information will be held in confidence and provided on a need to know basis to the swimming instructors.

Deodorant or other sprays must not be brought to the pool as the dressing rooms are confined spaces. The Health and Safety Guidelines outlined by the pool authorities will be strictly adhered to.

Monitoring / Evaluation / Review:

Policy is revised annually or at other times if deemed necessary.

This policy was reviewed and ratified by the Board of Management on 20th October 2011