

Guidance For Parents

Dear Parent your child is due to start their School Swimming lessons, please take the time to read the guidance below to help ensure that they make the most of this opportunity.

The Schools' Swimming Service is dedicated to providing the opportunity for all children in Nottinghamshire to access swimming.

The Service endeavours to enrich all pupils' swimming experiences and offers participation in gala events.

The Schools' Swimming Service offers swimming lessons to approximately 125,000 pupils a year throughout Nottinghamshire. Swimming Instructors adhere to strict health and safety policies to make sure that your child has a safe environment for their swimming lessons.

We have created this information guide to explain some of the policies in place.

HEALTH AND SAFETY POLICIES in relation to your child's school swimming lessons.

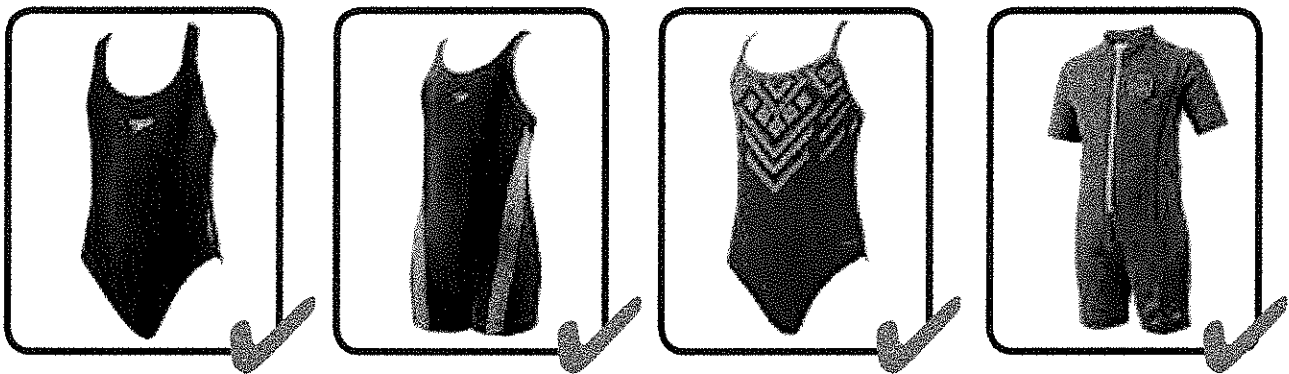


Swimwear

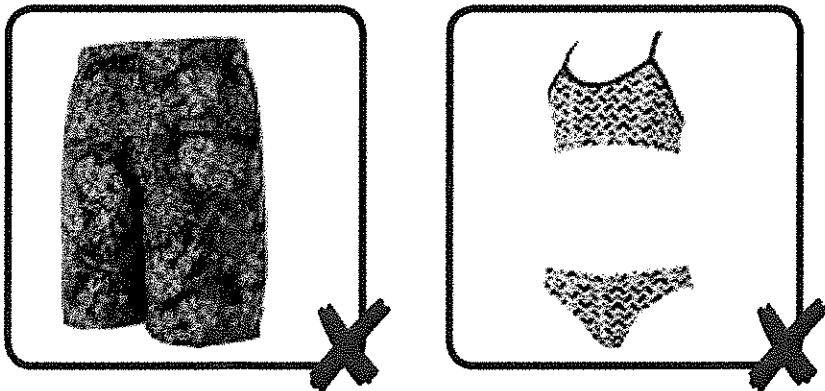
Boys require tight fitting trunks or shorts with no pockets and which are no longer than mid-thigh length. Those pupils wearing "jammers" will be ok. Acceptable boys' swimwear is shown below:

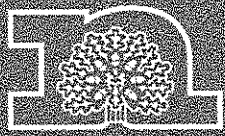


Girls require a snug-fitting one-piece swimsuit. Acceptable girls' swimwear is shown below:



The following pictures show unacceptable swimwear.





**Nottinghamshire
County Council**

Nottinghamshire Schools' Swimming Service Goggles

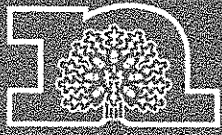
28 January 2019

Dear Parent/Carer,

WEARING OF GOGGLES/ GLASSES DURING SCHOOL SWIMMING

It is the recommendation of the Schools' Swimming Service that children who wish to wear goggles/ glasses during school swimming lessons can do so providing the parent/ carer signs the attached disclaimer and ensures the guidelines are followed.

- **THE AIM OF SCHOOL SWIMMING SERVICE IS TO TEACH CHILDREN WATER SAFETY.** If a child is in a dangerous situation in open water it is very unlikely that they will be wearing goggles, it is therefore necessary to practise without goggles during the course of the school swimming sessions.
- During the school swimming program **DIVING SHOULD BE UNDERTAKEN WITHOUT THE USE OF GOGGLES** however, as the pupils become competent in diving then practise with goggles may take place providing the tuition is undertaken by a fully qualified ASA / STA Level 2 Swimming Instructor.
- **GOGGLES CAN BE WORN AT GALA'S** providing the parents/ carers are confident that their son/ daughter have received adequate training from a qualified member of staff in the use of goggles during diving and have signed the attached disclaimer.
- Goggles however, are not considered a necessity for school swimming, but can be worn if the attached disclaimer is signed.
- The use of prescription goggles is acceptable providing an individual risk assessment is carried out by the School and the attached disclaimer is signed.



Nottinghamshire Schools' Swimming Service Goggles

Some goggles are only suitable for competition swimming, diving and sub-aqua work. Advice should be sought before purchasing goggles as ill fitting goggles can equally be a hazard. The purchase of junior goggles is recommended to parents (although they may appear small to people that are unfamiliar with goggles) they create a better seal.

The service requests that you the parent/ carer have read and understood the manufacturer's advice concerning the use and maintenance of goggles, and that you have explained the advice to your son/ daughter. In particular, ensure you have covered warnings on eye safety. For example:

- USE CARE IN ADJUSTING AND REMOVING ALL SWIM GOGGLES especially when wet, as there is risk of an impact injury to the eyeball.
- ENSURE that the straps on the goggles are correctly fitted and adjusted prior to attending the lessons.
- DO NOT use goggles if skin is broken. Discontinue use immediately if irritation occurs.
- DO NOT swim underwater below two metres.
- DO NOT pull them away from your face – they can spring back and hurt eyes.'
- DO NOT allow any other child to wear your goggles
- 'TO REMOVE GOGGLES SAFELY take hold of the eye pieces and lift them gently up onto your forehead and then push over the top of your head.'
- PLEASE ENSURE GLASSES ARE ATTACHED TO A LANYARD or swimming strap during the course of the lessons and gala.

PERMISSION SLIP

WEARING OF GOGGLES / GLASSES DURING SCHOOL SWIMMING

Name of your child's school _____

For the parent/carer to sign

I, the parent/ carer of _____ hereby confirm that I wish my son/ daughter to wear goggles / glasses (delete as appropriate) during school swimming lessons and at the schools' gala. I have read and understood the Schools' Swimming Services recommendation and have explained the advice to my son/ daughter. I will not undertake to pursue the council for any loss or damage to my child as a direct result of wearing goggles during the Schools' Swimming sessions.

Signed _____ Date _____

Please print name _____

Please complete and return a copy to the school prior to the swimming lessons.

Receipt of permission slip on the ____ / ____ / **20** ____

By the signed _____

