



15th February 2017

Dear Parents/Carers,

Year 4 Swimming Information

This Friday Year 4 will start their swimming lessons at Hough End Leisure Centre. The children will travel to and from the swimming baths by bus. 4PS will leave school at 9:00am and return at 10:30am. 4AW will leave school at 9:40am and return at 11:10am. 4BC will leave school at 10:20am and return at 11:50am.

Clothing requirements for school swimming are as follows:

Girls

- One-piece swimming costume *
- A swimming hat is required to be worn if the hair covers the eyes or airways
- A towel

* Please note that in order for your child to benefit from the swimming lessons appropriate aquatic clothing must be worn. Should your children wish to wear items of clothing that cover up parts of the body, there are specific aquatic clothing designed for this purpose. Cotton leggings are detrimental to teaching and are a risk to health and safety.

Boys

- A pair of traditional swimming trunks. No Bermuda or long shorts are allowed, as these can be dangerous. For reasons of safety the swimwear should be sufficiently tight fitting to allow the freedom of body and limb movement without causing unsafe water resistance. In terms of the legislation that governs this we are guided by AfPE (Association for Physical Education) Safe Practice in Physical Education and Sport 2012 and the ASA (Amateur Swimming Association)
- A swimming hat is required to be worn if hair covers the eyes or airways
- A towel

It remains the policy of the School Swimming Programme that jewellery of any description should not be worn in the School Swimming lesson. It is important that earrings in particular are removed. The only exception to this rule is a medication identity bracelet.

"AfPE 2.10.35 – personal effects, such as jewellery, religious artefacts, watches, hair slides and sensory aids including glasses, should ideally always be removed to establish a safe working environment".



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Goggles are only permitted for medical reasons. Parents must produce a letter from either a doctor or optician to state that a child has a medical condition and is required to wear goggles in the school swimming lesson. Once again this policy is in place for safety reasons.

Kind regards,

Jen Beech
Year 3-4 Phase Leader



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