



POLICY ON SWIMMING 2019

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 swimming instruction in the K- Leisure swimming pool during the school year.

Aims

- To enable pupils to acquire basic swimming skills while they are at St. Corban's BNS
- To comply with the requirements of the Primary School Curriculum in Physical Education for the Aquatics strand.

Procedures Guidelines

- Each pupil will attend weekly sessions (normally 8 to 10) in a swimming pool annually from 1st to 6th class
- The K-Leisure swimming pool at Caragh Road, Naas has been reserved for thirty six weeks on Tuesdays and Thursdays from 09:25 – 10:05
- Costs incurred by hiring of pool, and payment of instructors and the price of the bus necessitate a charge (currently €50 but subject to change) being imposed on each pupil. Inability to pay will not preclude a pupil from participating fully in swimming classes and parents can make arrangements to pay in instalments.

Instructional Arrangements

- Mr. John Rock, PE Postholder, organises the swimming programme for all classes from first class to sixth class.
- The class teachers at each class level co-ordinate the swimming sessions.
- Instruction in the pool is provided by 3 swimming instructors.

Travel and Supervision Arrangements

Pupils are supervised by the class teacher on the way to the pool from the school. Pupils travel by bus to the pool and class teacher will provide supervision before and after the swimming lesson. Each pupil must sit quietly and ensure the seatbelt is fastened before the bus departs and during the journey to the pool. Regular headcounts are conducted to ensure the safety of all pupils.

Preparation for swimming lessons

Pupils will be prepared for their first visit to the pool. The teacher will send a note home informing parents of the gear each child needs which must all be labeled with the pupil's name, the dressing and undressing skills they need to practice and the agreed procedures for supervising the dressing rooms at the pool. The pupils will be taught how to behave on the journey to and from the pool (sitting down, seatbelt fastened, behave in a mannerly fashion, talk quietly, do not move until the bus stops and the teacher tells you).

It will be explained to pupils how to behave in the dressing rooms. Each pupil hangs his towel on his hanger, puts his shoes under the seat and puts his clothes in his bag with underwear on top. When he returns he uses his towel first to dry himself before beginning

to dress. He should dry his hair first, then his shoulders, arms, torso and legs. He should then wrap the towel around his waist and tie it. Then he should remove his swimming shorts and dry his private parts before putting on his underwear. He can then sit down to finish drying his legs and feet. When he is dried and dressed he will ensure that he has all his gear and then line up at the wall outside the dressing rooms where his teacher has shown him.

Supervision at the Pool and in the dressing rooms

At the pool the pupils line up at the door and are counted in to the Leisure Centre. They are then assigned a dressing room which they share with half of their class.

The classroom teacher will accompany his/her class when they go swimming and retains primary responsibility for the pupils in his/her care on the way to and from the pool and while in the pool. If an SNA is assigned to a pupil she will also attend to monitor and care for the pupil.

Two changing rooms are provided for each class at the swimming pool. The teachers will supervise by walking through the changing rooms regularly in pairs. A school employee should never find himself/herself in a situation where he/she is in the changing room alone with one child.

As the swimming pool is open to the public during school sessions, it has been agreed with the swimming pool management, that children who may need to go to the toilet during the swimming session will be accompanied by a teacher/SNA to the 'Disabled' toilet and not the cubicles for 'Men' and 'Women'. The 'Disabled' toilet is a single cubicle and the child will not be in any danger of meeting any other person there. The teacher/SNA will remain outside and wait to accompany the child back to the pool.

In general it is expected that the children going swimming from St. Corban's will be able to dress, undress and dry themselves independently. Should a child need assistance with swimming caps, this assistance will be provided by the teacher at the edge of the pool. Should a child with special needs need assistance, this assistance will be provided following procedures that have been agreed with the child's parents/guardians.

Health and Safety

Best practice in relation to the supervision, instruction and child protection procedures as outlined by the DES Child Protection Guidelines, 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.

Parents/guardians will receive a standard letter providing information on school swimming before their child starts their swimming term.

Where a parent/guardian has a health concern regarding their child's participation in swimming, professional advice must be sought before the child participates in the swimming lesson.

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.

Spray deodorants etc. 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.

Should a pupil be unable to partake in the swimming lesson, he will travel with the class to the pool and remain under the supervision of the class teacher in the seating area. Any pupil who misbehaves at swimming will be removed from swimming for the remaining sessions. His parents may have the balance of the swimming money refunded.

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 swimming gear (Sports bag or similar with secure zip or other fastening).

Each child must have their own bag, togs, towel, goggles and swim cap, all of which must also be labelled.

While in the pool, pupils must obey the instructor's orders at all times and comply with the school Code of Behaviour. Pupils who misbehave may be excluded from the remaining swimming lessons.

Teachers of all classes will supervise the overall group and the pupils who may need to use the toilets during the swimming lesson.

Monitoring / Evaluation / Review:

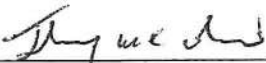
This policy is revised at other times when it is deemed necessary.

Communication

A copy of this policy has been given to each teacher and is available for parents to view in the school.

Ratification

This policy was ratified by the Board of Management in 2019.

Signed: 

Date: 4/5/19

(Chairperson, Board of Management)