

7. The main aim of the school swimming lesson is for your child to enjoy swimming and for them to achieve their Key Stage 2 National Curriculum for Swimming, which is:

- 1 Self-rescue
- 2 Swim 10metres Breast stroke
- 3 Swim 10metres Back crawl
- 4 Swim 10metres Front crawl
(2 out of the 3 strokes required)
- 5 Swim 25metres

If your child can or does reach their Key Stage 2 National Curriculum for swimming during their swimming lesson there are a range of other awards and aquatic skills that can be offered to your child.

Here at Bradford Council we take your privacy seriously and will only use your personal information to administer your account and to provide the products and services you have requested from us.

The wording in this publication can be made available in other formats such as large print and Braille. Please call 01274 438791.

Don't sink... Swim!



Bradford Aquatics **Hints & Tips**

for parents with children having
school swimming lessons



www.bradford.gov.uk/swimming

Some hints and tips about your child's school swimming lesson



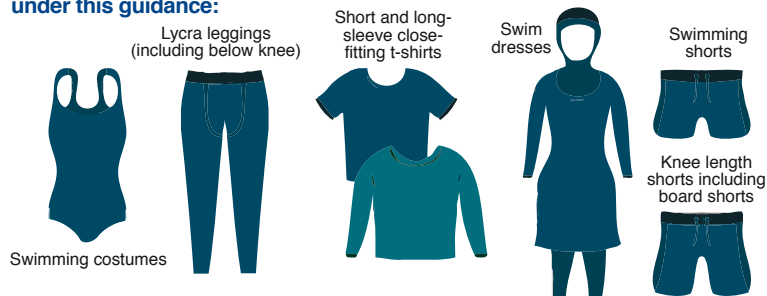
1. Appropriate swimwear should be worn by your child for the swimming lesson. It is strongly recommended that children wear close fitting costumes / trunks or fully lined swimming shorts.

Only clothing made and sold for the specific purposes of swimming is permitted, however, for recognised medical, cultural and religious reasons it is acceptable for close fitting Lycra leggings etc. to be worn in addition to the above.

Examples of MALE swimwear which would be considered acceptable under this guidance:



Examples of FEMALE swimwear which would be considered acceptable under this guidance:



Please note, the categories above are not intended to be prescriptive. Where appropriate, swimwear may be chosen from either category.

2. On the first visit to the pool your child will be taken through all the Emergency Procedures. This includes a safety talk delivered by one of the swimming teachers and will include pupils listening to the pool alarm and the fire alarm.

3. Hygiene at the swimming pool:

Pupils should go to the toilet before going onto poolside, pupils with long hair should wear swimming caps or tie their hair back. If your child has had diarrhoea they should not swim for two weeks.

4. Jewellery:

It is recommended that jewellery should not be worn during the swimming lesson. If the swimming teacher is of the opinion that your child is wearing an item of jewellery that could be a hazard to your child, or any other child, he/she will be asked to remove it before entering the water. The swimming teacher will not accept responsibility for any item of jewellery and it should be given to the school teacher.

5. Swim Goggles:

Your child does not have to wear swimming goggles, however, if your child is experienced at using goggles they can be worn, but if wearing the goggles leads to your child delaying or disrupting the lesson by playing with them he / she will be asked to remove them. Please be aware that goggles can cause eye injuries and manufacturer's instructions must be followed.

6. During the lesson:

Your child will be provided with armbands if necessary.

They will experience swimming in shallow water and in deep water with as many aids as necessary to make them feel safe.

They will learn a variety of skills.

Your child may also experience swimming in their clothes during their swimming lesson. Clothes must be clean, light weight and easily removed.

There are a range of badges and certificates that your child can achieve during their swimming lesson and these are reported to your child's school teacher throughout the year and badges can be bought if wished through your child's school teacher.