

# GREYSBROOKE Primary School



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Dear Parents

4 September 2018

## SWIMMING AT THE FRIARY POOL - YEAR 2

We have been advised that Y2 children will be swimming each week at the Friary on Monday mornings commencing **10 September 2018**.

Staffordshire Schools Swimming Service, who provide the swimming lessons at the Friary, have issued the following guidelines for schools and parents which I hope will be of help.

Swimming Hats: All children, both boys and girls must wear swimming hats. These can be purchased at the Friary Pool if required at a cost of £6.00.

Verrucae: Staffordshire Schools Swimming Service follows the guidance in the School's Health Service Handbook which states that pupils may swim provided that the verrucae are covered. Plasters do come off in the water so a clean sock over the plaster is recommended. A latex swim sock (plastock) is ideal. There is a lot of medical discussion about verrucae - not all of it follows this advice.

Jewellery: "Safe Practice in Physical Education" states that "no jewellery should be worn for physical education lessons". This includes studs and sleepers which should be removed, not covered with plasters.

Swim Wear: This should be a one piece costume for girls and the traditional trunks for boys. The Bermuda-style shorts and long cycling-style shorts are not recommended for swimming lessons - even though many shops sell them. The really loose-fitting trunks can be dangerous and impede the swimmer.

Goggles: Can be dangerous if worn incorrectly. Please read the attached guidance for the use of swimming goggles issued by Staffordshire Schools' Swimming Service. Where goggles are needed because of exceptional circumstances, the attached slip should be returned to the class teacher.

Please remind your child to bring their swimming kit into school each Monday.

Yours sincerely

Mrs T Holmes  
Headteacher



## Staffordshire Schools' Swimming Service

### Guidance notes for the use of swimming goggles in Schools

1. Goggles are not necessary within short curriculum swimming lessons (typically 20 to 25 minutes water time) or for single, short races in school galas.
2. Goggles are intended for use in long, regular swimming sessions when:
  - a. the eyes would be exposed for long periods to the effects of the chemicals in the water.
  - b. the tissue around the eyes does not dry out between training sessions and thus becomes more susceptible to infection.
3. For reasons of Safe Practice in School Sport, it is recommended that the use of goggles should not be allowed unless a school is satisfied that a pupil has 'exceptional circumstances' – ie through involvement in long and frequent training sessions, outside school hours, or if the individual has particularly sensitive eyes, or for some other exceptional circumstance.
4. Wet plastic can be slippery and, frequent, incorrect or unnecessary adjustment or removal of goggles, such as pulling them away from the eyes instead of sliding them over the forehead, could cause an eye injury and parents should be made aware of this risk.
5. In crowded water space there is an increased likelihood of accidental collision that may lead to eye injury by those wearing goggles.
6. When large numbers of pupils complain of eye irritation it is likely to be a chemical imbalance which can be easily rectified.
7. In the rare circumstances where the use of goggles are allowed in a school, as described in (paragraph 3), the adult responsible for the group has the right to require the pupil to remove them for reasons of safe practice if a pupil uses them inappropriately.
8. It is a parents' responsibility to ensure their child is able to safely apply and remove the goggles.
9. Certain aspects of the Water Safety and Personal Survival Award do require a pupil to remove their goggles.
10. A medical certificate is not essential for a school to allow a pupil to use goggles. However, schools do, as a minimum, require a letter from a parent stating the pupil's 'exceptional circumstances' to enable a school to consider a request for their child to use goggles during a school swimming activity.
11. Please note it is important that all parents of children who swim under the care of a school have access to these guidance notes prior to commencing a swimming activity. This will ensure that parents are aware of the current Safe Practice in School Sport guidelines referred to in this document concerning the use of goggles.

PARENTAL CONSENT FOR PUPIL'S USE OF SWIMMING GOOGLES

Pupil's name ..... Class .....

I acknowledge receipt of the guidance from Staffordshire Schools' Swimming Service regarding the use of goggles and can confirm that my child does\* / does not\* have exceptional circumstances necessitating the use of swimming goggles.

I understand the problems which may be caused by my child wearing swimming goggles during school swimming lessons. I have explained this to my son/daughter and I give permission for him/her to wear goggles.

\*delete at appropriate

Signed ..... Date .....

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