



## **Health and Safety**

- . All equipment required during swimming lessons will be provided.
- . All swimming teachers are A.S.A qualified and run the “National Teaching Plan” within the Aqua Ed scheme.
- . It is the responsibility of the school staff to supervise students in the changing village.
- . High standards of hygiene must be maintained at all times/the use of pre-swim showers is recommended.
- . Long hair impairs learning and should be tied back and/or a swim cap worn.
- . All jewellery must be removed. Earrings need to be covered with tape if not removed.
- . Only shorts that are above the knee are permitted in swimming lessons due to the increase in weight and drag to swimmers with shorts longer than this.
- . Girls are required to wear a full one-piece costume.
- . All children must remove their footwear before the changing village doors before entering.

If children fail to comply with these rules they will be refused admittance.

A fire drill will take place for each group at the beginning of each school term.

Students should avoid swimming within one hour of eating a meal and should be encouraged to use the toilet and shower before entering the pool.

## **Exclusion**

- Students with any of the following will be prevented from swimming:  
Infectious diseases, Verrucas need to be treated and covered with appropriate medication e.g Bazuka and/or verruca sock.
- Open wounds
- Coughs, colds and related infections such as catarrh and sinusitis.
- Children need to be clear from vomiting or diarrhoea for a minimum of 48 hours before swimming.

It is preferable that students are excluded from swimming lessons until medical advice has been obtained, rather than risk additional complications.

Can teachers be situated for the full duration of the lesson on the seating provided on poolside to assist with a child should it be required by a member of the swimming lesson team. This allows the instructors to have the full attention of the class whilst teaching.