

Hawthorns School



Happiness
and Success

Executive Principal: Mrs M. Thompson

Headteacher: Mrs M. Lochhead

School Policy

Swimming

Co-ordinator: Debbie Fitton

This policy adopted by Governors in January 2017

Signed by the Chair

A handwritten signature in black ink, appearing to read 'Debbie Fitton', is written over a horizontal line.

To be reviewed in January 2019

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Hawthorns School Swimming Policy

At Hawthorns School we aim to enable all our pupils to experience as much swimming as possible during their time in school in order for them to become competent, confident swimmers with a strong desire to continue swimming and maintain a healthy life-style in later life.

Objectives

- to enable children to develop and explore physical skills with increasing control and coordination;
- to encourage children to work and play with others in a range of group situations;
- to develop the way in which children perform skills, and apply rules and conventions, for different water based activities;
- to enable all children to feel confident in water and to recognise and describe how their bodies feel during swimming

Swimming is one of the few recreational or teaching activities which also carries with it the evident hazards of death through drowning or injury by brain damage through near drowning. The teaching and learning of swimming and water safety therefore requires the utmost care on the part of all concerned.

Health and Safety and Safeguarding

Our school has a responsibility to ensure that it takes action to safeguard staff and pupils. We should be aware of:

- the Risk Assessment for the pool and session used
- the Normal Operating Procedure (NOP)
- the Emergency Action Plan (EAP)
- conditions of hire - if relevant
- pool rules -no children will be allowed in the pool area unless under the direct supervision of a member of staff
- All staff supervising swimming must follow the normal school Safeguarding and Child protection procedures.. Although lessons are delivered by an external provider, the school retains duty of care over the pupils. School staff will remain by the poolside at all times to assist, even where a specialist teacher is leading the lesson.
- It is the responsibility of the swimming instructor and facility staff to deal with an emergency situation and school staff must follow procedures to ensure safety of the children. Service Managers will be informed immediately of any serious incident and parents/carers contacted
- any special needs or medical conditions of pupils.

This policy should be read in conjunction with Tameside Sports Trust Swimming Guidelines.

Teaching and learning

We use a variety of teaching and learning styles in swimming lessons. Our principal aim is to develop the children's knowledge, skills and understanding, and we do this through a mixture of whole-class teaching and individual or group activities. Teachers draw attention to good examples of individual performance as models for the other children, and we encourage the children to evaluate their own work as well as the work of other children. Within lessons, we give the children the opportunity both to collaborate and to compete with each other, and they have the opportunity to use a wide range of resources.

Aim

The government target for school swimming is: By year 6 all pupils should be able to swim at least 25 metres unaided. This may not be possible for all pupils due to medical and physical needs however Hawthorns aims to provide children with basic skills to feel confident and move in water and to make children confident swimmers where possible.

National Curriculum

The syllabus is based around pupils attaining the National Curriculum for Key Stage 2 with the provision to exceed this requirement where the children are capable. All children will be taught about health, hygiene and water safety as part of the syllabus.

All swimming instructors delivering National Curriculum will record the children's results, a summary of which will be sent to school each half term.

Key Stage 1. Pupils should be taught to:

- Move in water using swimming aids and support,
- Float and move with and without swimming aids,
- Propel themselves in water using different swimming aids, arms and leg actions and basic strokes.

Key Stage 2. Pupils should be taught to:

- Pace themselves in floating and swimming challenges related to speed, distance and personal survival,
- Swim unaided for a sustained period of time over a distance of 25 metres,
- Use recognised arm and leg actions, lying on their front and back,
- Use a range of recognised strokes and personal survival skills (front crawl, back crawl, breaststroke, sculling, floating and surface diving)

Planning for swimming

Active Tameside normally only offer swimming sessions for Year 3 and above. However due to the needs of our children it is thought to be beneficial for all classes to have sessions at Denton Baths where possible. However priority will be given to KS2 age children who will have two half-term 6 week blocks of swimming each year. This ensures that skills can be built on and children are provided with an opportunity they may not otherwise experience. Two classes go swimming together at one time. Younger children use the small pool, older children the shallow end of the main pool. Some children may be taught in the deep end with a qualified instructor, depending on ability. Swimming takes place on a Tuesday afternoon. The pool session is 1.40 to 2.20 pm. Children are transported with their class teacher by minibus at 1.15 and return at 3.00.

Staff to pupil ratios

Active Tameside request the following staffing for pupils with SEN.

Years 1, 2 3 1:2* pupils

Years 4,5,6 1:4* pupils

High ratios of staff to children are vital and we work closely with the baths staff to ensure staffing levels are adequate. Secondary School pupils are sometimes used to support our younger children who need more 1:1 supervision.

Swimwear, Goggles, Jewellery and Swim hats

- Swimwear should be a one piece costume for girls and swimming trunks for boys. Swimming shorts that are lined and not below mid-thigh in length that do not hamper swimming development .may also be worn.Unlined and Bermuda type fashion shorts are not appropriate for school swimming sessions.
- Children’s religious and cultural needs will be taken into consideration during school swimming sessions. Tight leggings and tops worn over the top of swimming costumes are acceptable swimwear under these circumstances.
- No Goggles allowed due to the high numbers of children and consequent potential for accidents.
- No Jewellery and watches to be worn. Earring studs may be worn, but must be covered by a swimming hat. Active Tameside does not accept any responsibility for loss or damage to jewellery bought to school swimming sessions.
- Long hair can cause problems whilst in swimming lesson which can hinder a child’s development within the sport. As a minimum, long hair must be tied back but we would recommend that children with long hair wear a swimming hat.

Role of the Swimming Coordinator

Hawthorns School has a suitably qualified member of staff who is the swimming coordinator and the PE coordinator works closely with her to monitor organisation and safety. The swimming coordinator is responsible for:

- applying the swimming pool safety policy and procedures
- liaising with Tameside staff
- appropriate risks assessments and safeguarding
- pool safety operation procedures (Normal Operating Procedures & Emergency Procedures)
- ensuring school staff follow rules and procedures and are happy with arrangements for their class
- arrangements for use of the pool and changing rooms
- providing a register and information for swimming staff about medical and other needs of the children
- monitoring and assessment of pupils
- providing a short report for the Annual Review

Role of class staff

Class staff must wear pumps/trainers on the poolside and suitable swimwear in the water. They are responsible for

- transport arrangements from school to the baths
- ensuring children have swimming kit and are suitably prepared for swimming- no jewellery, hair tied up
- medical needs of the children . Some children may require 1-1 supervision e.g. epilepsy ,
- appropriate supervision of changing rooms and on the poolside
- supporting children in the water and from the side where necessary –ensure support staff have clear roles and responsibilities to ensure safety of children. Symbols may be used.
- reinforcing pool rules , behaviour and safety on the poolside
- toileting children during the course of a lesson
- making pool staff aware of medical and behaviour needs of the children

Class staff should accompany their class to swimming as they have the best knowledge of their needs.

Role of other adults

Support staff and volunteers are also essential to support the delivery of swimming . They can:

- support and work beside class staff in the water or on the poolside
- supervise changing in the presence of class staff
- look after any unwell children or children who are not swimming on the poolside.
- These adults must be CRB/ List 99 checked

Role of Tameside Swimming Staff

Pool staff are responsible for:

- Delivering the National Curriculum for swimming
- Encouraging younger children to have fun and feel confident in the water
- Ensuring children wear suitable buoyancy aids
- Liaising with school staff about medical and other needs of the children
- Enforcing pool rules
- Dealing with emergencies in the water : pool staff will make 3 blasts on a whistle and enter water if necessary. A drowning alarm will also sound and pool and class staff must clear the pool
- Ensuring staff and children are aware of emergency procedures
- Completing accident forms
- Duty of care for the children from the moment they step on to the poolside until the lesson is dismissed
- Ensuring school staff know what is expected of them during the lesson
- Ensuring that a member of their staff holds a lifeguard qualification and suitable swimming teacher qualifications

Changing arrangements

The swimming coordinator will organise changing arrangements and staffing. Swimming pool staff are not allowed to supervise changing. On occasions there may be members of the public in the changing rooms at the same time as the children. Class staff should have been informed of this by the pool staff so that they can supervise children accordingly and be vigilant re safeguarding.

- If children are using a mixed sex changing area with cubicles then a member of staff of either gender may supervise.
- If using open-plan single-sex changing areas then only staff of the appropriate gender should enter the changing room, unless there is only one gender of staff available.
- If children under the age of seven are swimming, a mixed gender group may use an open-plan single-sex changing room
- All children are encouraged to change independently and to leave clothes neatly , but school staff will support where needed

Using pools on Educational Visits

- Where the school uses swimming pools as part of an educational visit the above conditions should still be applied.

- Use is likely to be of a recreational nature. A qualified lifeguard must be on duty and teachers must work with the lifeguard to supervise the session. They should actively work together as part of a team safeguarding all the children.
- Permission must be sought from parents and a risk assessment completed

Diving

Additional hazards are created when swimmers are allowed to dive into the pool. These need to be carefully monitored

- teaching diving should only be undertaken by a specialist teacher
- no diving shall be permitted in less than 1.5 metres of water depth or with less than 7.6m forward clearance
- only very flat horizontal dives should be permitted

Monitoring, Assessment and Evaluation.

The swimming coordinator , in discussion with pool staff, regularly monitors and assesses the children to establish progress Children can earn distance badges and general certificates for specific/general skills. Progress is recorded at the end of a 6 week block and a short report is available for each child's Annual Review. The coordinator works closely with pool staff to ensure the needs of the children are being met.

Equal Opportunities

Every child has the right to experience swimming lessons irrespectively of gender, racial, cultural, intellectual or physical differences.

Gifted & Talented

Differentiated swimming groups will allow talented swimmers to swim at their own ability level and instructors will provide appropriate challenges. The Amateur Swimming Association will provide a framework and programme for these children.

This policy will be reviewed every 2 years. It should be read in conjunction with other key policies – Safeguarding, Educational Visits, Behaviour, and Physical Handling as well as Active Tameside Swimming Guidelines.

Updated January 2018

Appendix A

National Curriculum requirements for swimming and water safety.

Learning about water safety and knowing how to keep safe in and around the water is a life-skill and as such, is recognised and measured in the same ways as other key subjects . As part of the Government requirements for reporting as part of the Sport Premium Funding , schools are required to publish information about Year 6 pupils swimming achievements.

As of January 2018 Hawthorns School currently has 16 Year 6 pupils. 3 pupils have met the expected requirements and can:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively
- Perform safe self-rescue in different water-based situations.