

School of the Holy Spirit

POLICY ON SWIMMING

Aims/Purpose

- 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 a block of six swimming lessons per child:
- To enable pupils to acquire basic swimming skills while they are at School of the Holy Spirit.
- To comply with the requirements of the Revised Curriculum in aquatics.

Procedures/Guidelines

- Each pupil will be given the opportunity to attend a six week session in a swimming pool annually.
- The swimming pool at the Watershed has been reserved for twelve weeks on Tuesdays from 10.15 to 11.00
- Attendance at this course fulfils the Aquatics Module of the PE Curriculum as laid down by the Department of Education and parents defray the cost of the course and also that of the transport to and from the pool.
- Costs incurred by hiring of pool, transport and payment of instructors necessitate a charge of €30.00 being imposed on each pupil.

Instructional Arrangements

- Ms. Nolan, a member of staff will organise the swimming programme.
- Instruction in the pool will be provided by two coaches.

Travel and Supervision Arrangements

- Pupils will be accompanied by and supervised by class teacher and sna's on the way to the pool from the school. Pupils will travel by bus to the pool and class teacher and SNAs will provide supervision before, during and after the swimming lesson.
- Teachers of all classes should remain on the viewing deck during the lesson in order to supervise the overall group and pupils who may need to use the toilets during the lesson.

Health and Safety

- Best practice in relation to the supervision, instruction and child protection procedures as outlined by the 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.
- While in the pool, pupils must endeavour to obey the instructor's orders at all times and comply with the School Code of Conduct.
- Parents/guardians will receive a standard letter providing information on school swimming before their child starts their swimming term. A consent note, granting permission for a child to participate in swimming must be returned to the class teacher prior to the start of the 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.
- Should a child be unable to attend the course, due to ill-health or any other reason, he/she will travel with the class to the pool and remain under the supervision of the class teacher. A letter of exemption from parents on the day is required under these circumstances.
- All children attending the course should wear a tracksuit. (Swimming togs may be worn under tracksuits coming to school). Each child must have a suitable bag to carry his/her swimming gear (sports bag or similar with secure zip or other fastening).
- All items brought to the pool must be clearly labelled with the child's name. This includes the bag, tracksuit, socks, underwear and shoes.
- Each child must have their own togs (without pockets), towel, hair brush and swim cap, all of which must be marked.
- The permission from parents to the school to let children go swimming is covered in the Swimming Consent Form which will be sent out to the parents/guardians prior to commencement of lessons.

Signed on behalf of the Board of Management

Signed: _____ Date: _____