

Swimming Policy

At the RGSGQ swimming is taught to all pupils in the EYFS, Key Stage 1, Key Stage 2 and Key Stage 3.

Our objective is for all pupils to be able to complete the following during their time at the RGSGQ:

- Develop confidence and an enjoyment of swimming in a safe environment.
- Swim competently, confidently and proficiently over an age appropriate distance.
- Use a range of strokes effectively (front crawl, backstroke, butterfly and breaststroke).
- Perform safe self-rescue in different water-based situations.

Staffing

- Swimming teaching staff must have undertaken a suitable qualification to allow them to deliver a safe and competent lesson.
- The swimming teachers will assess the ability of each pupil and place them in a teaching group to extend their skills in all areas of water confidence and swimming.
- The number of staff to student ratios to be aligned with Amateur Swimming Association (ASA) guidelines.

Swimming Pool Water and Cleanliness

- The swimming pool is checked daily. Temperature, chlorine and PH levels are measured and recorded.
- The pool temperature, chlorine and PH levels are checked by a member of staff before each lesson.
- Lessons are cancelled in bad weather conditions.
- The swimming pool is cleaned daily by an external company.

Safety Equipment

- AED (Automated External Defibrillator) - staff to be trained in using this and to ensure access is not restricted.
- First Aid Kit that is replenished when used.
- Members of staff to be first aid trained.
- Reach pole x 2: staff to ensure access is not restricted.
- Lifebuoy x 4: staff to ensure access is not restricted
- Emergency phone to be available at the poolside.

Swimming Attire

- Pupils should wear appropriate costumes which are relatively tight fitting.
- A swimming cap must be worn by all pupils.
- Goggles can be used but pupils must be able to put on and take off correctly.
- Jewellery and non-swimming watches to be removed.

Swimming Pool Rules

Although swimming is an enjoyable but important life skill, it carries with it danger and requires utmost care by all concerned.

The pool rules should be explained to all pupils before their first swimming lesson.

Pupils should be reminded at the start of each half term, ideally when the emergency procedures are tested and checked with pupils.

- Never go onto the poolside until a member of staff is present.
- Do not enter the water until instructed to do so.
- No running on the poolside.
- No chewing gum or eating sweets or other food on the poolside.
- No shouting or whistling.
- No jumping in or diving in, except under instruction.
- No pushing others into the pool.
- No holding others under the water or deliberately splashing them.
- No jewellery to be worn.
- Non-sports watches to be removed.
- No outdoor shoes on the poolside.
- Swim caps to be worn if requested.
- Exit the pool immediately if the whistle is blown three times.
- All instructions from staff to be obeyed promptly.

Safety Procedures

General guidelines for staff:

- Never leave the poolside unattended.
- Never turn your back on the pool or engage in any behaviour which results in not watching the pool.
- Divide the area up into zones and use techniques to constantly scan the area, counting heads, watching out for vulnerable or weak swimmers.
- Members of staff who are poolside to have a whistle at all times.
- Keep alert and ensure preventative measures are taken.
- Swimming pool doors to be locked unless an adult is at the poolside.

Emergency guidelines

The following emergency signals should be recognised:

- 1 Whistle Blast – attracts the attention of the pool users and staff.
- 2 Whistle Blasts – indicates that the lifeguard is about to take emergency action.
- 3 Whistle Blasts – attracts the attention of the pool users to prepare for an evacuation.

Whistles should then be used sparingly and will be followed by relevant verbal or visual instruction; e.g. hand signals.