

King Edwin Primary School

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Tuesday 31st January, 2023

SWIMMING LESSONS YEAR 4

Dear Parents/Carers,

Swimming lessons for Year 4 start on Thursday 2nd March, 2023 and run throughout the remaining academic year. Each class will swim for 17 weeks. The sessions are led by qualified swimming instructors at Worksop Swimming Pool.

Learning to swim and being safe in the water is a fundamental part of the primary Physical Education curriculum. Lessons are compulsory and deemed an important life skill.

Important instructions:

- The Worksop Pool will not allow children to swim wearing any jewellery, so it should be removed by parents before the sessions as School staff are not allowed to do so.
 - Boys must wear trunks, not 'Bermuda' shorts.
 - Girls must wear a one piece costume (not bikini styled).
 - Long hair must be securely tied back in a plait or bun.
 - Should your child need to wear swimming goggles please ensure that a goggles permission form is completed, as without it your child won't be able to wear them at the pool. (see attached)
 - Nail varnish and temporary tattoos are not permitted
 - Ensure ALL clothes (uniform and swimming clothes / towel) are clearly labelled.
- Children will be transported from school at 12.45pm and return around 3pm, with dismissal staying at the usual time.

Children will spend 45minutes in the pool. *We do not mind the children arriving at school with their swimming costumes underneath their uniform. But please make sure children have a change of underwear in their bags with a towel.*

Thank you for your continued support and co-operation,
The Year 4 Team

Nottinghamshire Schools' Swimming Service

Goggles

Some goggles are only suitable for competition swimming, diving and subaqua work. Advice should be sought before purchasing goggles as ill fitting goggles can equally be a hazard. The purchase of junior goggles is recommended to parents (although they may appear small to people that are unfamiliar with goggles) they create a better seal.

The service requests that you the parent/ carer have read and understood the manufacturer's advice concerning the use and maintenance of goggles, and that you have explained the advice to your son/ daughter. In particular, ensure you have covered warnings on eye safety. For example:

USE CARE IN ADJUSTING AND REMOVING ALL SWIM GOGGLES especially when wet, as there is risk of an impact injury to the eyeball.

ENSURE that the straps on the goggles are correctly fitted and adjusted prior to attending the lessons.

DO NOT use goggles if skin is broken. Discontinue use immediately if irritation occurs.

DO NOT swim underwater below two metres.

DO NOT pull them away from your face — they can spring back and hurt eyes.

DO NOT allow any other child to wear your goggles

TO REMOVE GOGGLES SAFELY take hold of the eye pieces and lift them gently up onto your forehead and then push over the top of your head.

PLEASE ENSURE GLASSES ARE ATTACHED TO A LANYARD or swimming strap during the course of the lessons and gala.

Nottinghamshire
County Council

Nottinghamshire Schools' Swimming Service

Goggles

January 2023

PERMISSION SLIP

WEARING OF GOGGLES / GLASSES DURING SCHOOL SWIMMING

Name of your child's school

For the parent/carer to sign

I, the parent/ carer of _____ hereby confirm that I wish my son/ daughter to wear goggles / glasses (delete as appropriate) during school swimming lessons and at the schools' gala. I have read and understood the Schools' Swimming Services recommendation and have explained the advice to my son/ daughter. I will not undertake to pursue the council for any loss or damage to my child as a direct result of wearing goggles during the Schools' Swimming sessions.

Signed _____

Date

Please print name

Please complete and return a copy to the King Edwin Primary School prior to the swimming lessons (2.3.23).