



# *St. Joseph's National School*

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## **Ballyadams N.S**

### **Swimming Policy and Procedures**

#### **Rationale**

The school has regard for both the physical and mental development of each of its pupils. Believing that a healthy body promotes a healthy mind, the school arranges for a six-week course of swimming instruction in Portlaoise Leisure Club for all students from 1<sup>st</sup> to 6<sup>th</sup> class during the school year. The staff identified the need for a policy to ensure the well-being of staff and children when partaking in swimming.

#### **Aims**

The Swimming Policy aims:

- To comply with the requirements of the Revised Curriculum in aquatics.
- To ensure child protection and the dignity of children in a vulnerable situation.
- To provide clarity of rules and responsibilities.

#### **Procedures and Guidelines**

- Pupils 1<sup>st</sup> – 6<sup>th</sup> Class will have the opportunity to attend a term of six weeks of swimming lessons annually.
- Costs incurred by hiring of pool, transport to and from pool and payment of instructors necessitate a charge being imposed on each pupil. Where possible, this will be subsidised.
- All children attending swimming should wear clothing which they can manage themselves. Swimming togs may be worn under clothing coming to school. Each child must have a suitable bag to carry his/her swimming gear such as a sports bag or similar type of bag with a secure zip or other fastening.
- Generally, children who do not have special needs will have sufficiently developed personal care skills to manage changing/dressing with ease. Children with special needs and who have been granted access to a Special Needs Assistant (SNA) will be

assisted by the SNA. An SNA will never be alone with a child in an isolated or single changing room in so far as practicable and they will always have another SNA/adult with them to assist and supervise.

- The SNA enters the pool of their own volition. It is the responsibility of the instructor, be it an individual or group instructor to teach the special needs pupil their swimming lessons where possible.
- It is the responsibility of the swimming instructor to decide on what swimming group level each child should be swimming with. This is determined at the first week of the swimming lesson term. The class teacher does not determine what level each child should swim with.
- The school will have one adult present in each changing area to supervise the children before and after the swimming lesson. Male teacher, if available, will supervise the boys' changing area and female teachers will supervise the girls' changing area.
- All items brought to the pool should be clearly labelled with the child's name.
- Each child must have their own togs, towel, hair brush (if necessary) and swim cap, all of which should be marked.
- No toiletries (e.g. shampoo, shower gel, deodorant) are permitted. Hairdryers are not permitted.
- While in the pool, pupils must endeavour to obey the instructor's orders at all times and comply with the School Code of Behaviour.
- Children are required to comply with the School Code of Behaviour throughout any outing to the swimming pool.
- Teachers will 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.
- Pupils will be accompanied by and supervised by a teacher on the way to and from the pool. Pupils will travel by bus to the pool and the teacher will provide supervision before and after the swimming lesson.
- To allow for the different levels of swimmers to be spread out over various sections of the pool, two class groups will attend at the same time.

## **Health and Safety**

- Staff will follow the guidelines of our own Health & Safety and Child Safeguarding Statement policies at all times.
- Pupils are required to behave at all times in a manner that ensures the safety of all involved in school swimming. Pupils must endeavour to obey the instructors and teachers orders at all times and comply with the School Code of Behaviour.
- Teachers 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.
- The pool will be provided with information regarding any child with a Special Educational Need, physical disability or medical diagnosis that may compromise their safety at swimming, eg. Epilepsy, diabetes.
- If any injury or accident occurs at the pool. The lifeguard on duty will attend to the injury. Any incident reports completed by the swimming pool staff will be copied and brought back to the school.

- Staff from the school who are supervising swimming are expected to communicate any concerns regarding health and safety of the pupils to the swimming pool staff and the school management.

**Board of Management Ratification**

This policy is hereby ratified by the Board of Management of St. Joseph's National School on the 29.1.24

Signed Chairperson: Brian Ramsbottom

Date: 2.2.24