

SWIMMING LESSONS – Health & Safety information



It is important for safety and hygiene that the following points are made to the pupils by you before they attend their first lesson:

- **All inhalers** must be brought onto poolside at each lesson, appropriately labelled with the name of the pupil. They are of no use in the locker.
- **No jewellery**, i.e. rings, watches, earrings etc. **Please discourage any new ear piercing until after the swimming course is over.**
- Children with **long hair** must have it well tied back. The fashionable soft bobbles/bands are not strong enough - they float off. Preferably children should wear swimming caps which can be bought at the Cash Desk at a reasonable price.
- Goggles must be named.
- £1 coin is required for the lockers into which **ALL** children **MUST** place their clothing. This will be returned.
- No long shorts, football or otherwise or bikinis should be worn as they are too difficult to swim with, swimming trunks and bathing costumes are much more suitable.
- In the interest of safety all children should be encouraged only to have a light breakfast/lunch.
- In the interest of hygiene all children must shower before entering the pool and any foot infection must be under treatment.
- School teacher should reinforce good class behaviour and discipline before and after lessons, with the swimming teacher being in control of behaviour and discipline during class session.
- The swimming teacher has the discretion to remove a child from, or not allow a child into a class for reasons of safety or hygiene.

If we all co-operate with regard to safety and hygiene following the above points, the children should have a pleasant and rewarding course of swimming.