MANCHESTER CITY COUNCIL

Sport and Leisure
The Neighbourhood Service
Growth and Neighbourhoods
Manchester City Council
National Squash Centre and Regional Arena
Gate 13
Rowsley Street
Manchester, M11 3FF

September 2019

Dear Parent/Guardian

Re: Primary School Swimming Programme 2019/20

On behalf of the School Swimming Team we would like to welcome you and your child to the Manchester School Swimming Programme. Last year Manchester School Swimming Programme achieved the highest ever National Curriculum pass rate of 83% and we are hoping for a further increase this year. The standard on the programme is now recognised nationally as a model of good practice by Sport England.

All Manchester Swimming Teachers are professionally qualified and are trained National Pool Lifeguards. Standards are high due to continued professional development in all aspects of aquatic disciplines. The Safety of your child is of paramount importance to us.

Clothing requirements for School Swimming are as follows:-

Girls:-

One-piece swimming costume *

A swimming hat is required to be worn if the hair covers the eyes or airways

A towel

* Please note that in order for your child to benefit from the swimming lessons appropriate aquatic clothing must be worn. Should your children wish to wear items of clothing that cover up parts of the body, there are specific aquatic clothing designed for this purpose. Cotton leggings are detrimental to teaching and are a risk to health and safety.

Boys:-

A pair of traditional swimming trunks.

No Bermuda or long shorts are allowed, as these can be dangerous. - for reasons of safety the swimwear should be sufficiently tight fitting to allow the freedom of body and limb movement without causing unsafe water resistance. In terms of the legislation that governs this we are guided by AfPE (Association for Physical Education) Safe Practice in Physical Education and Sport 2012 and the ASA (Amateur Swimming Association)

A swimming hat is required to be worn if hair covers the eyes or airways

A towel

It remains the policy of the School Swimming Programme that **jewellery** of any description should not be worn in the School Swimming lesson. It is important that **earrings** in particular are removed. The only exception to this rule is a medication identity bracelet. “AfPE 2.10.35 – personal effects, such as jewellery, religious artefacts, watches, hair slides and sensory aids including glasses, should ideally always be removed to establish a safe working environment”.

Goggles are only permitted for medical reasons. Parents must produce a letter from either a Doctor or Optician to state that a child has a medical condition and is required to wear goggles in the school swimming lesson. Once again this policy is in place for safety reasons.

“AfPE 2.11.34 – Swimming goggles are recommended when swimming at competition level and for extended, regular training sessions. They can help to maintain the required body position and improve vision through the water. In contrast, within short curriculum swimming lessons (typically 20-25 mins) for beginners, or for single, short races in school galas, goggles are not considered necessary.”

AfPE 2.11.5 – Students learning to swim or improving their swimming ability often do not swim in straight lines, and as a result, they might get close to, or come into contact with, other swimmers. If goggles are worn, any contact with others (eg the failing arm of a beginner learning a new stroke) might result in injury to both the swimmer wearing the googles and those who are not. Feeling confident and safe in the water, and swimming underwater, should not be dependent on wearing goggles, neither are goggles designed for such activity, as the eye pressure cannot be relieved.”

The School Teacher and Swimming Teacher must be informed of any **medical conditions** that might affect your child during their Swimming lesson (It is imperative that any medication required on poolside should be clearly labeled and brought to the lesson).

We would like to once again welcome you to the School Swimming Programme and wish your child every success in their future swimming.

Yours faithfully,

Manchester School Swimming Programme

<u>Examples of appropriate tight fitting swim wear:</u>




