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6th September 2019

Dear Parent/Guardian

Re: Primary School Swimming Programme 2019/20

As part of the Year 4 Curriculum, your child will be taking part in the Manchester School Swimming Programme. This will include weekly swimming lessons at one of the following leisure centres;

- **4H and 4B – Thursdays 9.00am – 10.30am at East Manchester Leisure Centre**
- **4S – Tuesdays 10.00am – 11.30am at North City Leisure Centre, Harpurhey**

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. Your child's teacher will also accompany them to these swimming sessions. Transport will be arranged by the academy. 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
- A clearly named bag

* 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.

Please note:- 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.

- A swimming hat is required to be worn if hair covers the eyes or airways
- A towel
- A clearly named bag

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 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 to ensure the safety of your child.

Your child's 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 labelled and brought to the lesson).

Examples of appropriate tight fitting swim wear:

Girls



Boys



We hope that your child will enjoy swimming and we look forward to seeing them make lots of progress in this important life skill this year!

Yours sincerely,

Ms. L Crew

Regional Lead Principle