Dear Parents/Carers

Re. School Swimming lessons.

To ensure the health & safety and effective teaching of swimming at Botwell Pool. We have a number of rules regarding Swim school lessons.

Swimwear – **Girls** (swim t-shirts cannot be worn)

Option One : one piece swimming costumes (no bikinis or tankinis). (navy /black dark coloured preferred, or blue if necessary)

Option Two: Girls One Piece covered costume, short or long sleeves. (navy/black dark coloured preferred, or blue if necessary).



Swimwear Boys : (swim t-shirts cannot be worn)

Option one : Lycra swimming trunks that are to be no longer than mid thigh and tight to the skin. Not Football/P.E shorts or Surfing type shorts. Navy/black – dark colour preferred or blue if necessary.

Option two : Boys One Piece Covered Swimsuit – dark coloured, Navy Black preferred or blue if necessary, short sleeved or long sleeved.





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- Jewellery – All jewellery must be removed before entering poolside. This includes wristbands/Watches/Earrings/Necklaces. Religious bangles must be either removed or covered with a sweatband. **Pupils cannot take part in school swimming, unless earrings are removed).**



- Hats - Our policy is that **all** children wear hats. (Blue) Available to purchase via school parent pay. Once payment is made, hats will be directly handed to the pupil at school.



blue swim hats – purchase on parent pay via school

- Verrucas - Any child with a verucca must wear a swimming sock or not take part in lessons.



Children will not be permitted to wear goggles until they have passed National Curriculum, this is because the tests up to and including National Curriculum have to be achieved without the use of goggles. A GP letter would be required for any medical conditions that would require a child to wear goggles, but be aware that some activities will require your child not wearing goggles; otherwise they will be prevented from that activity. Once your child is wearing goggles please ensure your child is competent to use them.Any child not following the above rules may be prevented from participating in the lessons.On the first day of their swimming lessons, the swimming teachers will assess the children's abilities and will be put into groups.

Parents please help us, help your child, get the best from their school swimming lessons, and this can be achieved by either taking your child swimming or enrolling them into lessons at a local pool near you. It is ideal if your child, before they start swimming is comfortable to be in a pool and be at ease to put their face in water and blow bubbles.

Yours sincerely

Helen Russell (Schools swim lead – Botwell Leisure Centre)

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