

Scoil Shinsireach Naomh Athracht, Cluain Ghlaise, Áth Cliath 16
Guidelines for Swimming Lessons
St. Attracta's Senior National School, Meadowbrook, Dublin 16.

Aims

Swimming lessons will be provided for all pupils in St. Attracta's Senior School in order to

- enable pupils to acquire or improve on swimming skills while they attend St. Attracta's Senior National School.
- comply with the Aquatics strand of the P.E. Curriculum, as prescribed by the Department of Education & Science (1999).

Procedures

- Swimming is compulsory for all pupils unless prohibited from participating for medical reasons certified by a doctor.
- Each pupil will attend a swimming lesson of 40 minutes duration once a week for six weeks.
- Children are grouped by the instructors in the swimming pool, according to the children's swimming ability and experience.
- The swimming pool in Meadowbrook is booked for 36 weeks on Fridays from 9.00 - 9.40a.m.
- A charge of €35 currently applies to each set of 6 lessons. This cost includes hire of the pool and payment of five instructors. Special provision for weekly payment can be made by contacting the principal, Iníon Uí Mháirtín.
- If too many children from a class choose not to go swimming, then the lessons will have to be cancelled as the cost would be prohibitive for the other children and the school would not be able to bear the excess.

Instructional Arrangements

- The post holder for sport will organise the swimming programme for all classes. She will
 - book the pool and instructors
 - timetable each class for 6 weeks of instruction
 - co-ordinate with the secretary re informing the parents, looking for consent forms, payments etc.

Travel & Supervision Arrangements

- Children will walk, accompanied by their class teacher and special needs assistants, over and back to the swimming pool, taking care to cross the road only at the zebra crossing.
- The class teacher will remain on the viewing deck during the lesson to supervise their class, with the Special Needs Assistants helping supervise children who need to leave the pool to use the bathroom.

- The children will be assigned dressing rooms on their first day of instruction. They should continue to use their assigned rooms in so far as possible for the duration of their 6 weeks.

Health & Safety

- Best practice in relation to supervision, instruction and child protection procedures as outlined by the Irish Sports Council, Swim Ireland and the National Safety Council will be adhered to at all times.
- All pupils are required to behave according to the discipline policy of the school.
- While in the pool, pupils must obey the instructors and teachers at all times. Failure to do so will result in the child being removed from the pool and sent back to the school.
- All pupils will be responsible for their own belongings - towel, togs, goggles, hat, and toiletries. These must be labelled by parents to prevent loss.
- Parents/guardians will receive a standard letter providing information on school swimming before their child starts their series of swimming lessons. A consent letter, granting permission for a child to participate in swimming lessons must be returned to the class teacher prior to the start of their swimming term.
- Where a parent/guardian has a health concern regarding their child's participation in swimming, professional advice must be sought before the child participates in the swimming lesson. In the best interests of the child, it is the duty of the parent/guardian to inform the class teacher and principal with regard to any health condition that may affect the child in the pool. This information will be held in confidence and provided on a need to know basis to the swimming instructor.
- Should a child be unable to attend a lesson, due to ill health, he/she will be given work to do and be supervised in another class by another teacher.
- Deodorants, aerosols, food, drink etc. are not to be brought to the pool.
- Children are not permitted to use the vending machines at the pool.
- The wearing of t-shirts and/or shorts over swimsuits is not allowed.
- Girls must wear full piece swimsuits to these lessons.
- Children will be encouraged to have a quick shower on the poolside at the end of each lesson.

Monitoring/Evaluation/Review

These procedures will be reviewed occasionally and as deemed necessary. The views and opinions of the partners in education are welcome at all times.