

## **Rashina NS - Swimming Policy**

### Aims/Purposes

- To enable pupils to acquire basic swimming skills while they are at St. Caillin's N.S., Rashina.
- To comply with the requirements of the Curriculum in aquatics.

### Rationale

- The school has regard to both the physical and mental development of each of its pupils. Believing that a healthy body promotes a healthy mind, the school arranges for a four week course of swimming instruction in Clara Swimming Pool for each of its students from 1st class to 6th class during the school year.

### Procedures Guidelines

- Each pupil from 1<sup>st</sup> to 6<sup>th</sup> class will attend a 5 sessions in a swimming pool annually.
- Clara Swimming Pool has been reserved for two 1 hour sessions over the course of 5 days in February.
- Attendance at this course fulfils the Aquatics Module of the PE Curriculum as laid down by the Department of Education and parents defray the cost of the course and also that of the transport to and from the pool. If a parent is unable to do this, the board will offer to defray the cost for them.
- All children are encouraged to participate in aquatics lessons as part of the National Curriculum. Should a child be unable to attend aquatics, due to a medical condition, a letter must be written to the principal requesting exemption. Arrangements for supervision in this instance will be made on a case by case basis. Should a child be unable to attend one lesson due to ill health or any other reason, a letter must be given to the principal.
- Children who do not attend swimming will remain in the school under supervision in a different classroom.
- Pupils will be accompanied by and supervised by a class teacher on the way to the pool from the school. Pupils will travel by coach to the pool and the class teacher will provide supervision before and after the swimming lesson.
- The school will always endeavour to have a male and a female teacher in attendance. However, this may not always be possible.

- To utilise the full space in the pool from beginners to advanced it is advised that schools send a mix of younger and older students. In February, 1<sup>st</sup>, 3<sup>rd</sup> and 6<sup>th</sup> class will attend the first hour while 2<sup>nd</sup>, 4<sup>th</sup> and 5<sup>th</sup> class will attend the second hour.
- All children attending the course should wear their tracksuit. (Swimming togs may be worn under tracksuits coming to school). Each child must have a suitable bag to carry his/her swimming gear (Sports bag or similar with secure zip or other fastening).

### Health and Safety

- Best practice in relation to the 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. Staff will follow the guidelines of our own Health & Safety and Child Protection policies at all times.
- Pupils are required to behave at all times in a manner that ensures the safety of all involved in school swimming. Pupils must endeavour to obey the instructor's orders at all times and comply with the School Code of Behaviour.
- Parents/guardians will receive a standard letter providing information on school swimming before their child starts their swimming term.
- Teachers of all classes should remain on the viewing deck during the lesson in order to supervise the overall group and pupils who may need to use the toilets during the lesson.
- The permission from parents to the school to let children go swimming will be provided by signing a consent form.
- The pool will be provided with information regarding any child with a Special Educational Need, physical disability or medical diagnosis that may compromise their safety at swimming, eg. Epilepsy.
- Should parents wish to attend to help their child to get changed, they must do so in private family changing rooms for Child Protection reasons.

### Monitoring / Evaluation / Review:

Policy will be revised annually or at other times if deemed necessary. This policy was developed in October 2022.