



Redeemer Boys' National School
Ard Easmuinn
Dundalk, Co. Louth

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Redeemer Boys' N.S. Swimming Policy

The Board of Management of Redeemer Boys' N.S. recognises the importance of education in water safety and the priority given to the strand of Aquatics in the Physical Education (P.E.) curriculum.

Aims/Purposes

The aims/purposes of this policy are:

1. To comply with the requirements of the Revised P.E. Curriculum in aquatics
2. To ensure child protection and the dignity of children in a vulnerable situation
3. To provide clarity of rules and responsibilities

Procedures and Guidelines

- Each pupil will attend a block of swimming lessons annually from Third to Sixth Class.
- Costs incurred by hiring of pool, transport to and from the pool and payment of instructors necessitate a charge being imposed on each pupil. This will be sent to parents via letter from the school and a payment request on Aladdin, 6-8 weeks before lessons commence. Inability to pay will not preclude a pupil from participating fully in swimming classes.
- A pupil who needs to opt out of a swimming class for a medical reason should provide a note of excuse, written and signed by the parent or guardian. A medical cert will be required if there is a medical condition which precludes the child from swimming on a long-term basis. It is the policy of the school that all pupils attend swimming lessons unless exempted by a doctor.
- All children attending swimming should wear clothing which they can manage themselves. Swimming togs may be worn under clothing coming to school. Each child must have a suitable bag to carry his swimming gear such as a sports bag or similar type of bag with a secure zip or other fastening.
- Generally, children who do not have additional needs will have sufficiently developed personal care skills to manage changing/dressing with ease. Children with additional needs and who usually have access to a Special Needs Assistant (SNA) will be assisted by the SNA.
- The SNA is not required to enter the water with any child. It is the responsibility of the instructor, be it an individual group instructor to teach the child with special needs his swimming lessons.

- Each class will be grouped by swimming ability and each group will not exceed 15. It is the responsibility of the swimming instructor to decide on what swimming group level each child should go swimming with. This is determined at the first week of the swimming lesson term. The class teacher does not determine what level each child should swim with.
- The school will endeavour to have two adults present in the dressing room to supervise the children before and after the swimming lesson.
- All items brought to the pool must be clearly labelled with the child's name. This includes the bag, uniform, socks, underwear and shoes.
- Each child must have their own togs, arm bands if required, towel and swim cap.
Toiletries are not necessary as Aura Pool only allow members of school groups to rinse on way to changing rooms. Full showers are not permitted due to time constraints.
- While in the pool, pupils must endeavour to obey the instructor's orders at all times and comply with the School Code of Behaviour.
- Teachers will 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.
- Overall responsibility for safety in the swimming pool belongs with the pool management
- While the swimming instructor conducts the instructional programme and is responsible for doing this in a safe and effective manner; it is important that notwithstanding the role of the swimming instructor *the delegated member of the school staff (most senior person present, as per seniority list) has overriding responsibility for supervision and may need to seek clarification or to intervene if deemed necessary.*

Instructional Arrangements

- The school will organise the swimming programme for all classes from Third to Sixth.
- Instruction in the pool will be provided by qualified instructors.

Travel and Supervision Arrangements

- Each child will have a regular partner to travel to and from the bus and pool building
- On the bus each child must sit quietly with a partner, not move from their own seat and must put on a seat belt
- All children must line up quietly outside the bus and walk in an orderly fashion to and from the school and pool building accompanied by school staff
- No child is allowed to enter or leave the pool building without being supervised by school staff
- School staff will station themselves at the front, middle and end of the entire group while children move between each area
- The designated school swimming co-ordinator will be responsible for the overall smooth, safe and orderly movement of all pupils to and from the pool

Pool Rules

- Pupils are not allowed into the pool area unless supervised by a class teacher
- Pupils and school staff entering the pool area must put blue foot covers over their shoes
- Pupils should not enter the water unless the instructor and lifeguard are visible on poolside
- Pupils must wear appropriate swim wear: trunks for boys, swimming hats for all. Aura Pool permit the wearing of t-shirts (along with trunks), if a child wishes to do so.
- School staff will try, as far as possible, to provide swim wear to pupils who have forgotten them on swim days
- Cultural and religious requirements may require special consideration but the school

will make the final judgement on suitability of swimwear

Roles and Responsibilities

School-related outings are enjoyable and provide wonderful authentic learning opportunities for children. Everyone, including each individual child, must be responsible for making these activities enjoyable and worthwhile. The essential roles and responsibilities of children, parents and staff are outlined below:

Pupils

Except in the case of children with additional needs, the children will:

- Remember to take their swimming gear to school on the appropriate days.
- Take instructions from their teacher and behave appropriately on their way to the pool, at the pool and on their return from the pool.
- Actively engage in the swimming lessons and listen carefully to the swimming instructors.
- Change and dress themselves at a designated spot in an assigned changing room or changing cubicle. Pupils should remain in that spot, change quickly, set their clothes in a neat pile, not interfere with other pupils' clothes, not comment on other pupils or on their belongings. When ready, each pupil must remain quietly behind the gate (inside entrance door, beside the hairdryers) with a RBS staff member until an Aura staff member signals for them to enter the pool.
- Be mindful of their own privacy and respect the privacy of others. Comply with school and swimming pool rules.
- Not run or shout in the changing room.
- Take responsibility for personal hygiene and safety at the pool.
- Take responsibility for their own belongings.

Expectations will be adjusted in the case of pupils with additional needs. Swimming instructors will be notified of any pupils with additional needs, who may require support.

Parents

Parents will:

- Understand that swimming lessons are part of the Primary Curriculum and, therefore, all children are expected to participate fully. Children will only be exempt for medical reasons. In such instances parents are advised to inform the school principal in writing and provide a certificate of medical exemption.
- Support the work of the teacher by encouraging their child to participate fully in the learning activities relating to the aquatics strand in the classroom and in the swimming pool.
- Teach their child the necessary personal care skills needed for attending swimming lessons, e.g. drying their bodies, dressing themselves, repacking their bag etc.
- Pay the cost for the swimming lessons.
- Assist their children in organising the necessary swimming gear, e.g. swim wear, goggles, towel, etc.
- Trust the school staff to supervise the children in the changing area.
- In infrequent cases of children who have real difficulties in dressing themselves (but do not usually have access to a Special Needs Assistant), parents may, in consultation with the class teacher, decide upon attending the swim sessions to assist their own child.

Teachers

The class teacher will:

- Teach appropriate classroom lessons to prepare the children for the swimming lessons in the pool, e.g. Water safety, hygiene, privacy.
- Remind the children about road safety so that the journey to and from the pool may be used as an exercise to support learning in relation to road safety.
- Supervise the children on their way to and from the swimming pool. Pupils will be accompanied by and supervised by a teacher on the way to and from the pool. Pupils will travel by bus to the pool and the teacher will provide supervision before and after the swimming lesson.
- Coordinate with other adults to ensure that someone from the school is in the viewing area during the lessons to supervise the children who have exemptions but are present at the pool and to ensure that someone is available to assist any child who may need to leave the pool deck for any reason.
- Supervise the children in the changing area. Two adults will be present in each changing area.
- Report incidents of serious misbehaviour to the school principal.
- Ensure that sufficient time is given to the children to shower/rinse off after the swimming lesson, dress and towel-dry their hair

Behaviour: Recording Procedures

- ☐ Children are praised and commended for appropriate behaviour.
- ☐ Incidents of misbehaviour are recorded by the class teacher. A written record is given in pupil's school diary
- ☐ Gross misbehaviour will result in withdrawal of a pupil from the next swimming lesson. Parents will be invited to discuss the issues with the deputy principal and/or principal.

Specific duties of Swimming Co-ordinator

- ☐ The encouragement of all aspects of swimming within the agreed scheme
- ☐ Liaison with pool management and staff, where appropriate
- ☐ Reporting any difficulties or problems that arise which cannot be resolved at the time to principal
- ☐ Supplying relevant information about the progress of the pupils to the school
- ☐ Supply swimming instructors with information regarding pupils with special medical, physical or psychological needs

Health and Safety

- The Health and Safety Guidelines outlined by the pool authorities will be strictly adhered to.
- Pupils are required to behave at all times in a manner that ensures the safety of all involved in school swimming.
- Parents and guardians will receive a standard letter providing information on school swimming. They will also receive a copy of or a digital link to the school's Swimming Policy.
- Where a parent/guardian has a health concern that would affect their child's participation in swimming, a doctor's letter must be submitted to the school.
- In the best interest of the child, it is the duty of the parents/guardians to inform the class teacher and/or Principal with regard to any health condition that may affect the child in the

pool. This information will be held in confidence and may be provided to the swimming instructors.

Schedule for Swimming Lessons

Swimming lessons take place for pupils in Third - Sixth class each year, generally in Term 2/3.

Monitoring and Evaluation

This policy is reviewed every five years or at other times if deemed necessary.

Ratification and Communication

This policy was adopted by the Board of Management on 10th February 2022 and communicated to all staff by the principal before April 2022.

Signed: F.Mullen Chairperson, BOM Date: 10/02/22

Signed: M.Murray Principal Date: 10/02/22

Aura Pool Procedures and Rules



- Pre-shower before your lesson.
- Listen to whatever the lifeguard tells you at all times: they have your safety in mind.
- Walk slowly around the pool area.
- No running in pool area.
- No jumping, bombing or pushing anyone in the pool area.
- In the case of inappropriate behaviour two warnings will be given by the swimming instructor followed by time out with the class teacher.
- Gross misbehaviour will result in withdrawal from lessons the following week.
- Don't jump or push other children.
- No eating gum while you swim.
- Never pretend to be drowning: The lifeguard may take you seriously.
- All children must wear swimming hats.



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17th April 2023

Dear Parents,

The school swimming programme has been running very successfully in Redeemer Boys' N.S. for the last number of years. As you know your son, in 3rd, 4th, 5th or 6th class, is availing of the programme. Please read the guidelines and procedures enclosed. We feel they are essential in ensuring the safe, enjoyable and educational experience of your son.

Please sign the form below and return it to the school before Thursday 20th April.

Your child needs this form signed to begin the programme on Wednesday 26th April.



I have read the school's Swimming Policy and noted the procedures and guidelines outlined within it. I am happy for my child to go swimming and follow the school and pool rules.

Pupil Name:

Parent/Guardian:

Date: