

Monday 9<sup>th</sup> September 2019

Dear Parent/Carer,

## **Primary School Swimming Programme 2019-20**

I am delighted to inform you that this year your child will take part in the London Borough of Enfield Swimming Programme as part of their statutory Physical Education entitlement. We hope that your child will enjoy and benefit from the swimming course.

Your child will have a Water Safety Induction on Friday 13<sup>th</sup> September 2019 in school. The swimming course will start on **Friday 20<sup>th</sup> September 2018** at Edmonton Leisure Centre.

The Enfield School Swimming Programme aims to achieve the following objectives for your child:

- To develop water confidence and water safety skills;
- To master basic stroke techniques;
- To participate in enjoyable social activity;
- To participate in activities, which can help improve health and fitness;
- To provide opportunities to participate in appropriate progressive challenges through the Enfield Award Scheme

To enable your child to gain the most out of their swimming sessions it is important their swim wear is safe and will not hinder their ability to learn while in the water

### **Pupils should wear:**

- A one-piece swimming costume
- Swimming trunks or tight shorts well above the knee
- A swimming hat if their hair is long or goes in their eyes when wet
- The swimming costume, towel etc. should have a name tag clearly visible and carried to school in a waterproof or plastic bag.
- A Verruca sock if they have a Verruca

### **Pupils with cultural or religious diversity needs:**

- One-piece Burkinis (make sure material does not become see through when wet)
- Two-piece lycra suits must be covered by a swimming costume to prevent them from separating while in the water

### **Pupils should not wear**

- Two separate items such as Bikinis or Tankinis
- Burkinis that have long skirts attached
- Leggings and T shirts
- Long loose fashion shorts, football shorts or PE shorts
- Underwear underneath swimwear
- Wetsuits
- Jewellery
- Flip Flops reef shoes or crocks.



## Goggles

The use of **goggles is not recommended** as they can be dangerous and cause eye injuries. Written parental consent is required if you would like your child to wear them. This letter should be given to the swimming instructor at the start of the swimming programme.

## Medical conditions and illness

Please make sure that the class teacher and the swimming instructor are aware of any medical conditions. All medication including, asthma pumps, must be brought to each swimming lesson and marked with the pupil's name and school. Please note that if your child has a serious medical condition a doctor's letter may be required to allow your child to take part. There are very few conditions which prevent children from swimming and provided there is good communication much can be done to ensure children learn to swim with confidence in a safe environment.

Please ensure that your child is aware that the swimming pool can be a potentially dangerous area and the importance of adhering to the pool and school rules is important.

### **Below are the times of your child's swimming lesson:**

<b>Swimming programme – September 2019 to February 2020</b> <b>Water safety talk in school arranged for Friday 13<sup>th</sup> September</b> <b>Swimming course at Edmonton Green begins 20<sup>th</sup> September</b> <b>Travel arrangements: Transport to and from pool by school minibus</b>			
<b>Class</b>	<b>Day</b>	<b>Time</b>	<b>Pool</b>
4K	Friday	1:30 – 2:00pm	EDMONTON
4T	Friday	2:30 – 3:00pm	EDMONTON

**The children in 4T will be back to school at the slightly later time of 3:30pm and should be collected from the hall.**

If you have any questions regarding the swimming lessons, please do not hesitate to speak to myself, your class teacher or the office.

I hope your child enjoys the swimming experience and benefits from learning this essential life-skill.

Yours sincerely,

Miss K Gold