

29 March 2022

Dear Parent/Carer,

Primary School Swimming Programme 2022 – Year 5 Pupils

I am delighted to inform you that this year your child will take part in the Carr Lodge Academy Swimming Programme as part of their Year 5 Physical Education entitlement. We hope that they will enjoy and benefit from the swimming course. The programme operates for 13 weeks, starting on Friday 22 April 2022 and will take place at Swimstars on Wheatley Hall Road.

All children will be effectively supervised whilst in the water by qualified members of the staff from the Swimstars and Dolphins team.

In line with statutory requirements, the Carr Lodge Academy 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

The clothing requirements for the programme are as follows:

Girls

- A dark one-piece swimming costume (no bikinis please)
- A swimming hat for long hair
- A towel

Boys

- A dark pair of trunks/shorts (no long sports shorts please as these can be dangerous)
- A swimming hat for long hair
- A towel

Please provide these items in a suitable bag, clearly labelled with your child's name and class each Friday. The kit will be returned following the Friday swim session, to be washed and returned to school the following week. Remember to pack clean underwear for your child to change into following their swim.

Please note, should your child not be fully equipped for their swimming session, they will unfortunately remain in school, and miss their allocated lesson in that week, as we are unable to give them spare kit.

It remains our policy that wearing jewellery is forbidden in the swimming pool. All jewellery should be left at home, as the swimming instructors cannot take responsibility for these items. Goggles are permitted and the responsibility of the child and their swimming kit each week.

MEDICAL CONDITIONS AND ILLNESS

Please inform both the class teacher and the swimming instructor if your child suffers from any medical condition that may cause them to need extra supervision. This is done through the portal that will be emailed to you. This must be filled in or your child cannot attend the swimming lessons.

If your child has a newly formed verruca, they may still continue with their swimming, but will need to wear a plastic sock. These are available from most chemists or sports outfitters. Older verrucas will need specialised treatment and further medical advice should be obtained. Children with asthma should take their named and in date inhalers to the poolside, if necessary they can take them prior to entering the pool. Swimming is one of the best forms of exercise for asthma as the air in the pool area contains high levels of moisture.

SAFETY AND HYGIENE

Please can you ensure that your child is aware that the swimming pool can be a potentially dangerous area and the importance of adhering to all pool and school rules. Before the swimming lessons commence, it is advised that you speak to your child about the potential hazards surrounding swimming, to ensure it is safe, yet enjoyable experience! If you have any queries or concerns about your child's swimming lessons, please do not hesitate to contact the academy via enquiries@carrlodgeacademy.org or speak with your child's class teacher.

I hope your child enjoys the swimming experience and benefits from learning this essential life skill. Please complete the Parentmail consent form to allow your child to swim.

Kind Regards



S. Cope

Acting Principal