

Monday 5th September 2022

Primary School Swimming Programme 2022-23- 4M & 4E

Dear Parent/Carer,

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 Physical Education entitlement. We hope that she/he will enjoy and benefit from the swimming course.

The swimming course at Edmonton Leisure Centre will start on:

Tuesday 20th September 2022 (4E)

Wednesday 21st September 2022 (4M)

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.

The clothing requirements for the programme are as follows:

Girls: A one-piece swimming costume

No bikinis or wetsuits please.

A swimming hat for long hair

A towel

Boys: A pair of trunks.

Swimming shorts or sports shorts that are loose fitting or finish below the hip are not suitable, because they can hinder a pupil's progress, fall off, or fill up with air and tip the pupil over.

A swimming hat for long hair

A towel

Underwear must not be worn underneath the swimming costume or swimming trunks

The swimming costume, towel etc should have a name tag clearly visible and carried to school in a waterproof or plastic bag. It remains our policy that **no jewellery** should be worn in the swimming pool. If possible all jewellery should be left at home, as the swimming instructors cannot take responsibility for these items. 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 goggles. The 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 the swimming lesson otherwise pupils may not be allowed to swim. All medication must be 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 everyone concerned with the swimming lesson is fully informed about the particular problem, much can be done to ensure children learn to swim with confidence in a safe environment.

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 verruca's will need specialised treatment and further medical advice should be obtained.

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

| Swimming programme –September 2021 to November 2021 | | | | |
|--|------------|-------------|-------------|-------------------------------------|
| Travel arrangements: Transport to and from pool by school minibus | | | | |
| Class | Day | Time | Pool | Time of Collection at School |
| 4E | Tuesday | 1.30-2.15 | EDMONTON | NORMAL COLLECTION TIME |
| 4M | Wednesday | 2.15-3.00 | EDMONTON | PUPILS TO BE COLLECTED AT 3:40 PM |

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

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

Yours sincerely,

Marc May
PE Lead