

Dear Parents

### **GORILLAS AND COUGARS – SWIMMING LESSONS**

The children in **Miss Sillitto's and Mr Fry's** classes will begin their swimming lessons at **Bramcote Baths on Friday 18<sup>th</sup> September**. They will then swim for five weeks every Friday afternoon **until 16<sup>th</sup> October**. I am writing to give you information about these lessons and ask for your help in several areas.

The children will leave school at **12.55 pm** - swim for forty five minutes (1.15 to 2.00 pm) and return to school by **2.20 pm**.

The programme will include the teaching of correct strokes, and then work on distance swimming and the teaching of water skills.

Children need to have the correct swimwear - this is **trunks, not shorts**, for boys and a one piece **swimming costume, not a bikini**, for girls. All children require a named towel and suitable P.E./swimming bag with a draw string to keep their swimwear in. (These are available from Morley's, the school outfitters).

Children with long hair should have it tied back and **no** child will be allowed to swim with earrings in or jewellery on so please do not send your child to school wearing jewellery on a swimming day. **No teacher will be responsible for looking after, removing or putting in earrings after swimming lessons**. I am sure parents would appreciate the chaos this would cause!

#### **FORMS TO COMPLETE!**

1. *Form 1*

In order to help us group our children and put them in the correct pool, we will be very grateful if you could complete and return the first form attached as soon as possible.

2. *Form 2*

We routinely advise the swimming instructors of any medical conditions that we know of. However, if there are any specific conditions concerning your child that you feel they ought to know about, then please enter the details on the second part of the form. Thank you.

3. *Form 3*

Our Local Authority has also asked that the attached advice re swimming be given out to parents to read. You will note that the wearing of goggles is strongly discouraged. However, if you really feel that your child should wear goggles during swimming lessons you will need to read, complete and return the third form attached.

Finally, I would like to stress that these lessons can only go ahead if we have at least **four volunteers** (parents/friends) to act as observers at the baths during our swimming sessions. To help us with this you must already have a current CRB disclosure certificate. Could anyone able to help, please contact Miss Sillitto, Mr Fry or myself immediately.

Thank you in anticipation for your support. We hope your child(ren) will really enjoy and benefit from these swimming lessons.

Yours sincerely

Mr G Robins, Headteacher

# FORM 1

## SWIMMING SESSIONS AT BRAMCOTE BATHS – 18<sup>TH</sup> SEPTEMBER TO 16<sup>TH</sup> OCTOBER 2009

Child's Name \_\_\_\_\_ Class \_\_\_\_\_

Please tick or delete as appropriate:

My child:-

	is <b>unable</b> to swim
	can swim <b>5</b> metre and has a 5 metre certificate <b>Yes / No</b>
	can swim <b>10</b> metres and has a 10 metre certificate <b>Yes / No</b>
	can swim <b>25</b> metres and has a 25 metre certificate <b>Yes / No</b>
	can swim <b>more than 25</b> metres

I would be willing to be an '**Observer**' at the swimming pool **Yes / No**

Signed ..... Parent/Carer

PLEASE RETURN BY **14<sup>th</sup> September** AT THE VERY LATEST.

# Form 2

Child's Name \_\_\_\_\_ Class \_\_\_\_\_

I would like the Swimming Instructors to be made aware of the following medical conditions for my child:

Signed \_\_\_\_\_ Parent / Carer

**Dear Parent / Carer**

**WEARING OF GOGGLES DURING SCHOOL SWIMMING LESSONS**

***The Local Authority recommends that children should not wear goggles during swimming lessons for the following reasons:-***

- they are not considered necessary for school swimming.
- there is a risk of injury to the eyeball as a result of incorrect fitting or adjusting especially with wet fingers.
- the main purpose of the school swimming programme is to maximise a child's safety in water. If a child becomes reliant on goggles, and they fall into water (for instance) without their goggles, this can create an added difficulty.
- goggles often do not prevent pool water from coming into contact with the eyes, and therefore cause the child to continually adjust them, resulting in distraction and distress.
- some goggles are only suitable for competition swimming, diving and sub-aqua work.

If you still feel strongly that your child(ren) should wear goggles, you may complete and return the form below which has been provided at the Headteachers' discretion. Your child(ren) will be able to wear goggles for school swimming on the understanding that if during the course of the swimming lesson, the instructor considers the use of goggles to be dangerous or distracting, then the goggles should no longer be worn.

We also request that you fully observe the manufacturer's advice concerning the use and maintenance of the goggles, and the warning on eye safety.

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**Form 3**

**For the Parent / Carer to sign and return to the Headteacher.**

**I, the parent / carer of \_\_\_\_\_ confirm that I wish my child(ren) to wear goggles during school swimming lessons. I have read and understood the Local Authority's recommendation, and have explained the advice to my child(ren).**

**Signed \_\_\_\_\_ Date \_\_\_\_\_**

**Please print your name \_\_\_\_\_**