

Aquatics Policy

Light of Christ NS

Introduction

This policy was drafted by the teaching staff in Light of Christ National School in February 2018. It was subsequently discussed and ratified by the Board of Management of Light of Christ National School. The aim of the policy is to clarify matters in relation to the teaching of the curriculum content in the aquatics strand of the school's Physical Education Programme.

Aquatics Strand of Physical Education Curriculum

The Aquatics strand includes the following strand units:

1. Hygiene
2. Water Safety
3. Entry to and exit from the water
4. Buoyancy and propulsion
5. Stroke development
6. Water-based ball games
7. Understanding and appreciation of aquatics

Roles and Responsibilities

The school has regard to both the physical and mental development of each of its pupils. Believing that a healthy body promotes a healthy mind, the school arranges for a six day course of swimming instruction over 6 weeks in Splashworld swimming pool for students in the nominated classes during the school year.

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

The children will:

1. Remember to take their swimming gear to school on the appropriate days.
2. Take instructions from their teacher and behave appropriately on their way to the pool, at the pool and on their return to the school.
3. Actively engage in the swimming lessons and listen carefully to the swimming coaches.
4. Change and dress themselves at the pool.
5. Comply with school and swimming pool rules.
6. Take responsibility for personal hygiene and safety at the pool.
7. Protect their own belongings at the pool.
8. Protect their own privacy and respect the privacy of others.

All children attending swimming lessons should wear their school tracksuit. Swim suits may be worn under tracksuits coming to school. Each child must have a suitable bag to carry her swimming gear with secure zip or other fastening. All items of clothing should be clearly labelled with the child's full name. Each child must have their own swim suit, towel, hair brush, swim cap and goggles, all of which must also be marked.

Parents

Parents will:

1. 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 contact the school principal.
2. 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.
3. Teach their child the necessary personal care skills needed for attending swimming lessons e.g. changing clothes, drying hair etc.
4. Pay the cost for the swimming lessons.
5. Assist their children to organise the necessary swimming gear e.g. swim wear, goggles, towel etc.
6. Trust the school staff to supervise the children on the bus, in the changing area and in the pool area.

Attendance at this course fulfils the Aquatics Module of the PE Curriculum as laid down by the Department of Education and parents defray the cost of the course and also that of the transport to and from the pool.

Should a child be unable to attend the course, due to ill health or any other reason, she will travel with the class to the pool and observe from the poolside with the teachers.

Parents are advised that swimming lessons that take place during school hours will be extremely well supervised by Light of Christ National School's teachers and special needs assistant.

School

School will:

1. Liaise with the local swimming pool to organise dates and times for swimming lessons.
2. Negotiate the cost of the swimming lessons.
3. Organise a timetable for nominated classes to attend swimming lessons.
4. Will communicate all relevant information to the parents and teachers in relation to the organisation of the swimming lessons.
5. With the assistance of the school secretary, ensure that all children who attend swimming lessons make the necessary payment to the school.

Teachers & SNA

The teachers & SNA will:

1. Teach appropriate classroom lessons to prepare the children for the swimming-lessons in the pool e.g. water safety, hygiene etc.
2. Supervise the children on their way to and from the swimming pool
3. Remain poolside during the lessons and available to assist any child who may need to leave the pool for any reason
4. Supervise the children in the changing area
5. Promote that children follow the rules of the school
6. Follow the school code of discipline while on the bus and at the pool
7. Ensure that sufficient time is given to the children to:
 - a). to shower/rinse off after the swimming lesson – Shampoo and shower gel will not be used at this time.
 - b). to dress and dry their hair

Travel and Supervision Arrangements

- Pupils are required to behave at all times in line with Light of Christ NS Code of Behaviour and in a manner that ensures the safety of all involved in school swimming.
- The teachers will speak to the children checking everyone is ok and encourage their progress.
- When children are dressed for swimming, they will form a line and the staff will walk them to the pool area.
- The children must listen to the instruction of the instructors, are responsible for discipline and this will be carried out in line with Light of Christ NS Code of Discipline and day to day school rules.
- The teachers will speak to the children checking everyone is ok and encourage their progress
- The teachers will then escort the children back to the bus and check that all children have their belongings.
- Food must not be brought to the pool or the dressing rooms.

Aquatics Class Arrangements

- On the first day the instructors will assess all the children individually and then they will be put into the correct sections according to their swimming ability.
- The pool at Splashworld is closed to the public during the duration of our time there.
- The staff will take position on the side of the pool to monitor the lesson and assist any children that need it or escort them to and from the toilet as needed.