

Appendix 2J: Safe Practice for Swimming Poster

Pupils should:

- be informed about standard procedures and made aware of notices on the first visit and reminded throughout the programme
- be encouraged to carry out good hygiene practice
- share in assessment and management of risk at their own level of understanding.

Preparation requires:

- a school risk assessment based on the people/context/organisation model
- an emergency action plan shared and understood by all involved
- a shared scheme of work that meets the needs of all pupils
- all staff to carry a whistle.



School/pool staff/swimming teachers need to:

- be suitably confident, qualified and experienced
- have a sound knowledge of pupils
- know and understand roles and responsibilities
- maintain effective communication with all involved
- have access to professional development opportunities.

The pool/facility should provide:

- clear signposting of pool depths and potential hazards
- clear marking of the designated working area
- an appropriate safe changing space
- a range of accessible rescue aids
- water clarity to see the bottom of the pool at all times.

Equipment:

- Rescue aids readily accessible.
- Goggles only worn in exceptional circumstances. In this instance, pupils should be taught to put them on and remove them safely.
- Swimwear should be appropriate.
- Personal effects removed or made safe.
- Adequate range and amount of teaching equipment to be readily accessible.

Procedures should involve:

- regular communication between school, pool and swimming teacher
- registration and head count of group before, during and following session
- emergency procedures, signals and equipment being known and understood by everyone involved
- staff walking round pool at end of lesson to check pool is clear.

Planning and teaching:

- Appropriate supervision should always be provided in changing areas and on poolside.
- Assessment and recording procedures should be clearly understood by all staff; the teacher remains accountable for the overall learning outcomes of the pupils.
- Non-swimmers remain in designated shallow-water area unless taught via deep-water method using sufficient and appropriate buoyancy aids.
- Group sizes should reflect the competence of pupils.
- All pupils should remain in view at all times.
- Systems should be in place to ensure satisfactory pool clearance at the end of a session.
- Diving should only take place where the water depth meets specified requirements.