



SWIMMING POLICY

The purpose of this document is to set out the policies and provide guidance on Safe Practice in School Swimming and Water Safety.

At VISP, we will provide swimming instruction in either Key Stage 1 and/or Key Stage 2 with the primary focus of building water confidence in our students.

Swimming is a highly beneficial, potentially life-saving activity. It supports the acquisition and development of physical literacy, along with skills for health and enjoyment. Swimming is 'Wet Physical Education'. As a threshold skill, it also gives access to many other water based recreational activities. Swimming is one of the few activities that people can enjoy all their lives either on their own, with family or friends of the same or different ages, whether just for fun or competitively. We owe it to our youngsters to give them the best chance to learn to swim as well and as early as possible. Nevertheless, it also carries the risks of death through drowning or injury by brain damage through near drowning. The teaching and learning of swimming and water safety therefore requires the utmost care on the part of all concerned.

Our aim is to ensure that our students are '**water safe**'.

Water safety and learning to swim are integral and best taught combined.

By **Year 6**, we would like our students to be confident with:

- Floating.
- Treading water while attracting attention (water safety).
- Knowledge of what to do in situations, rules of water play and safety.
- 25m Swim competently and have a knowledge of different strokes.



Staffing Ratios

(note: these ratios are for the swim teacher to child ratio. There must also be another adult on the pool deck to assist and supervise. Ideally this should be someone who knows the children and is able to support with safety, known medical needs and behaviours. If this adult is the pool lifeguard, conversations must take place about their role and expectations)

Level	Ratio
Preschool Aquatics (Early Childhood)	No less than 1 instructor for 6 swimmers (KS1). When teaching in deep water - 1:1
Primary Aquatics (KS1 & 2)	Optimal ratio: No less than 1 instructor for 10 swimmers (KS2) Minimum requirement: up to 1:12 maximum
Intermediate Swimmers (basic skills and can swim 25m)	Optimal ratio: 1:15 Minimum requirement up to 1:20
Swimmers with special educational needs (SEND)	1:1 upwards Consider each situation independently

Staff must:

- be able to see students at all times,
- be given a clear role and understand the limits of their role,
- be confident on poolside,
- communicate effectively and appropriately with each other and the pool staff on safety issues,
- be suitably dressed for their role,
- ensure children are appropriately supervised when changing,
- ensure children are under control at all times,
- take head counts before, during and after sessions,
- one staff member must remain on poolside to provide an assisting role to the lead teacher,
- be aware of the additional needs or medical conditions of the pupils they are teaching so that correct measures/precautions can be put in place.



Swimming Policy Appendix 1: LEVELS (Taken from Red Cross and USLTS)

Level 1 - Introduction to Water Skills - Age: 3+

- For the beginner who is comfortable in the water.
- Swimmers learn basics of swimming: bobbing, going under water, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kick, supported front crawl arms and jumping in.

Level 2 - Fundamental Aquatic Skills - Age: 4+

- Swimmers should already be able to float on front and back and put their head under water.
- Swimmers will work on: independent front and back floating, independent rolling over from front to back and back to front, independent front and back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head.

Level 3 - Stroke Development - Age: 5-6+

- Swimmers should already be comfortable swimming front stroke and swimming on their back.
- Swimmers will work on: gliding, freestyle with side breathing, backstroke, breast stroke and dolphin kicks, retrieving objects in deeper water, treading water, jumping into deep water and compact dives.

Level 4 - Stroke Improvement - Ages: 7-8+

- Swimmers should already be able to: swim front and back crawl 25 yards.
- Swimmers will work on: rotary breathing, freestyle, backstroke, elementary backstroke, scissors kick and sidestroke, whip kick and breaststroke, intro to turning at wall, treading water with modified scissors, and diving in kneeling position.

Level 5 - Stroke Refinement - Ages: 9-10+

- Swimmers should already be able to: swim freestyle, breaststroke and backstroke 25 m, scissors kick, whip kick, treading water, and dive.
- Swimmers will work on: alternate breathing, stride jump, refinement of: freestyle, backstroke, elementary backstroke, sidestroke, breaststroke, dolphin kick and butterfly, open turn on front and back, feet-first surface dive, and treading water.

Level 6 - Swimming & Skill Proficiency - Age: 11+

- Swimmers should already be able to: swim front and back crawl 50 m, elementary backstroke 25 yards, breaststroke 25 yards, butterfly 25 yards, sidestroke 10 yards, tread water for 3 minutes, and dive.
- Swimmers will work on: All six strokes, front and back crawl flip turn, breaststroke turn, breaststroke speed turn and pull out, butterfly turn, sidestroke turn, pike and tuck surface dive, pike and tuck dive from board, tread water for five minutes, and basic water rescue. Please note: Not all pools are deep enough to teach all of the diving segments of all levels – program modifications may be required to meet safety guidelines.

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