

Primary 5 will commence their block of ten weekly swimming lessons on Tuesday 15<sup>th</sup> January 2019. **This is an integral part of the curriculum and not a choice activity.** This will be funded by South Ayrshire Council.

They should come to school prepared to head off to the pool promptly as their lessons will commence at 9.30am at Troon Swimming Pool. All pupils will be back at school late morning.

Tuesday 15 <sup>th</sup> January 2019	Tuesday 22 <sup>nd</sup> January 2019	Tuesday 29 <sup>th</sup> January 2019	Tuesday 5 <sup>th</sup> February 2019
Tuesday 19 <sup>th</sup> February 2019	Tuesday 26 <sup>th</sup> February 2019	Tuesday 5 <sup>th</sup> March 2019	Tuesday 8 <sup>th</sup> March 2019
Tuesday 19 <sup>th</sup> March 2019	Tuesday 26 <sup>th</sup> March 2019		

Please complete and return the attached medical form to school by **Friday 16<sup>th</sup> November.**

The following notes are guidance from **South Ayrshire Sports Development.**



**SWIMMING LESSONS – Health & Safety information**

The safety and hygiene of all pupils learning to swim is of paramount importance. It is therefore essential that the following points are made available to all pupils, parents and teachers before they attend their first lesson:-

- It is the responsibility of the school to ensure that all individual consent forms are up to date. It is also essential that the relevant forms are with the class teacher while the lessons are taking place.
- Class teachers are required to join their class on poolside and should wear appropriate footwear to do so. **Please be aware that any non-swimming pupils are not permitted to sit on poolside during the lesson.**
- **All inhalers must be brought onto poolside at each lesson.** Inhalers should be appropriately labelled with the name of the pupil.
- **No jewellery will be permitted to be worn** (i.e. rings, watches, earrings etc). Please discourage any new ear piercing until after the swimming course is over.
- **Children with long hair must have their hair tied back securely.** The fashionable soft bobbles/bands are not strong enough as they float off. It is preferable for children to wear swimming caps. Swimming caps are available to purchase at the facility reception if required.
- **Goggles must be named.**
- **All children must place all of their clothing in a locker.** A 50 pence coin is required for the lockers.
- **No long shorts (football or otherwise) or bikinis should be worn as these are too difficult to swim with.** Swimming trunks and bathing costumes are much more suitable. All-in-one suits can be worn but must be skin tight to ensure it does not fill with water and pull children under the water while swimming.
- In the interest of safety, children should be encouraged to have a **light breakfast prior to the lessons.**

- In the interest of hygiene **all children must shower before entering the pool and any foot infection must be under treatment.**
- While the swimming teacher will be in control of behaviour and discipline in the water, during the class session, **school teachers are asked to reinforce good class behaviour and discipline before and after lessons.**
- The swimming teacher has the discretion to remove a child from the lessons at any point for reasons of safety or hygiene.

Your cooperation with the above health and safety guidance is greatly appreciated and will help to ensure that all children have a pleasant and rewarding course of swimming lessons.

Kind regards

Sports Development

[Sportsdevelopment@south-ayrshire.gov.uk](mailto:Sportsdevelopment@south-ayrshire.gov.uk)

# SOUTH AYRSHIRE COUNCIL

## Medical/Special Needs Form

School: Struthers Primary School

---

Telephone Number: 01292 690073

Class Teacher in charge:

---

### Section 1

Pupil's name:

---

Emergency Contact Name:

---

Telephone Number:

---

### Section 2

Medical Condition:

---

Does pupil take prescribed medication? **YES / No**

If yes, give details if this may affect ability to swim:

---

---

---

Give details of any allergies that we should be made aware of:

---

---

---

### Section 3

Give details of Special Needs that our teaching staff should be made aware of:

---

---