



Fleming Field, Shotton Colliery, Durham. DH6 2JQ

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Headteacher: Mrs. L. Ashton

1<sup>st</sup> March 2023

Dear Parent,

### **Year 4 Swimming**

We are delighted to inform you that swimming lessons for the Year 4 pupils will start next week. Our **Year 4** children will have swimming lessons at Shotton Primary learner pool from **Friday 10<sup>th</sup> March**.

The swimming instructor, asks that all pupils wear the correct kit as detailed below.

#### **Swimming kit required is as follows:**

- All children must wear a swimming hat.
- All children **must** wear a one-piece costume or actual swim shorts (not sports shorts with pockets)
- Large towel, comb/brush
- Swimming goggles are allowed

The sessions will take place during the morning and children will return to school in time for lunch.

Please turn over for learner pool rules.

Yours sincerely,

Mr Hubbard

PE Lead



## General Rules

In order to maintain a high standard of cleanliness within the swimming pool and to safeguard the health of pupils using them, the following should be adhered to:

- a) Each pupil should bring a towel in an appropriate bag, along with a suitable swimming costume - a one-piece costume no two piece costumes - swimming trunks; loose-fitting shorts with pockets are not acceptable. **Swimming costumes must never hamper the efficiency of the swimmer.**

**All pupils should wear the correct kit including a swimming cap in learner school pools where filtration is an issue - this is to ease the changing/drying process and to avoid blocking pool filters. Swimming caps can be purchased at each individual pool;**

- b) Each pupil should ensure that they are clean and no-one who is unclean should be allowed to use the pool without washing first;
- c) Each pupil should use the toilet before entering the pool;
- d) Children should only be excused from their swimming lesson if they have a valid Doctors note or at the discretion of the swimming teacher.

Children with verrucae should **not** be excluded from County school pools. A verruca sock should be worn before entering the pool;

- e) Swimming costumes should not be worn to travel to the swimming pool for hygiene reasons; pupils should change on arrival;
- f) Swimming costumes should not be washed or wrung out in the pool water;
- g) Outdoor shoes must not be worn on the pool side by staff or pupils;
- h) Hair gel must be washed out and plasters must not be worn in the pool;
- i) Jewellery must not be worn in the pool. Jewellery and other valuables should be left at home.
- j) No pupils are allowed chewing gum, sweets or other foreign objects whilst in the pool, no food or glass bottles are allowed around the pool or changing area;
- k) Pupils should be dried properly and dressed before leaving the changing room after a swimming session. Coats are recommended in the winter months to keep children warm. In the changing room, shoes and clothes should be hung neatly to avoid getting them wet.
- l) The wearing of goggles can be allowed at the swimming teacher's discretion.

