



**GRANGE SCHOOL**  
*A Culture of Continuous Improvement*

# Swimming and Water Safety Policy

Compiled by: Signature: Date:	Approved by Governing Body (     ) Signature: Print name: Date:
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# Swimming & Water Safety Policy

The Staff and Directors of Grange School are committed to the needs of every student to have a wholesome and diversify learning experience in our school. We have also incorporated the ECM and SEN standard in our swimming and water safety policy, we believe that every child matters, and we respond to student with special education needs.

## **Policy Aims**

To be able to achieve this, we have in place our own swimming pool, qualified and experience swimming coaches that are able to respond to the needs of the children. It is our aim that our pupils and students enjoy and achieve our swimming objectives, in order to be healthy and safe, so that they can make a positive contribution to our school, and achieve economic well being for themselves and the nation.

## **Definition of Swimming and water safety**

Swimming is the art of self-support or self-movement, using arms or legs, in or on the water, usually for sport or recreation. Because human beings do not swim instinctively, it must be learnt. Human beings have developed a variety of strokes and body movements that propel them through water with speed and power. They are the basis for the evolution of competitive swimming as a sport. Swimming had become known not only as a means of survival or saving lives in emergencies, but as a valuable tool in physical therapy for children with special education needs and as the most beneficial form of general exercise. No other form of exercise uses so many muscles in the body so fully. At Grange School we recommend that children learn to swim when they are as young as possible, because they will learn more easily and quickly than adults. We use flotation devices to assist the learning process and helping swimmers overcome any fear of water. Water safety entails the capability of the school to ensure that its pupils and swimmers are safe, and have the ability to stay safe during the swimming programme.

## **Swimming pool facility**

The pool is designed with safety and learning features in mind we have a medium size swimming pool with an all round water depth of 4.5 feet, 16ft wide and 15ft long. This pool design caters for beginners and intermediate swimmer. The depth of the pool allows the children to explore and learn swimming techniques very quickly because the fear of drowning is remove from the minds of the children and they are able to concentrate on learning the basic strokes in swimming; also due to the shallow nature of the pool a non swimmer will be able to carry out rescue operation in case of emergency.

## **Roles and Responsibility of swimming teachers**

Safety and supervision is a collective responsibility of and the teachers. At the pool side, the swimming teachers are in charge of the safety and conduct of all the swimmers.

The teachers are responsible for discipline whilst travelling to and fro the swimming pool and in the changing rooms. Adequate supervision of changing, use of toilets, showers, footbaths are provided by the school. Teachers should ensure that:

- Pupils are 'fit to swim' i.e. those pupils with cuts, skin or ear infections do not swim.
- Pupils' should wear the recommended school swimming wear.
- Swimmer with long hair must wear a swimming cap.
- Jewellery is removed – including ear studs.

#### Additional guidance

Wrist bangles/discs worn for medical, religious or cultural reasons should be retained only if covered by a wristband.

No sweets or gum are allowed.

Pupils should be familiar with behaviour at the pool which promotes safety.

There must be a teacher at the poolside even when the swimming teacher provides all the teaching.

The swimming teacher must not enter the water if there is no supervising adult on the poolside.

The teachers are able to see all pupils throughout the lesson.

The bottom of the pool should be clearly visible; any problems of glare or light reflected from the water surface should be satisfactorily overcome.

The swimming teachers are informed of pupils who need special consideration e.g. SEN, medical conditions, behavioural difficulties, those who are particularly nervous.

Pupils with Epilepsy should be provided with a poolside 'spotter' as well as a 'buddy' in the water.

Ensure the appropriate use of goggles in swimming lessons

#### **Teaching and planning**

In Grange School, swimming is part of our curriculum. Our swimming plan is divided into yearly, termly and weekly plan with assessment and weekly evaluation of swimmer learning progress. We have provision for KS1, KS2, KS3, KS4 at beginner and intermediate level; in addition to provision for IGCSE and elements of competitive swimming. We teach the four basic strokes in swimming which include the front crawl, the breaststroke, the butterfly, the backstroke, the diving techniques and the racing skills for competitive swimmers. Pupils are encouraged to participate in all the activities to increase their confidence and interaction with the other pupils.

We currently do not teach swimming in all classes due to limitation in available facilities.

#### **Pupil teacher ratios**

At Grange School, we have sufficient, qualified and experienced swimming teachers and assistant teachers to provide for a class of 22 swimmers. Maximum ratio is 1:8 for non swimmers, increasing to 1:20 for improved and competent swimmers. Teaching group sizes are reduced or staffing increased as the age, intelligence, experience, disability or environment requires in order to provide for safe teaching at all times. We give special attention to Special Education Needs (SEN), and children with medical conditions currently within the group to be taught, as this affects the ratios. The final decision rests with the swimming teacher, having carried out a detailed risk assessment to justify any difference in ratio. Teacher and assistant must count the number of pupils in their own group in and out of the pool, and walk around the perimeter of the pool to ensure that there are no pupils still in the water.

### **Swimmers Progression Diagram**

This group of swimmers are the best and the fastest swimmer in the school. They are able to swim a minimum of 50m in their specific stroke they represent the school in swimming competition. This includes swimmers that are able to swim at least 3 different strokes and can swim a minimum of 25m. They are taught stamina and stroke coordination. In this group, the swimmers are taught the butterfly, the backstroke and the advance swimming techniques

### **Swimming and rescue equipment**

The required rescue equipment is easily accessible around the poolside and in a satisfactory condition.

### **Emergency procedures**

We practice emergency procedures at least once per term and the pupils understand the response required of them.

### **Responsibility for Swimmers**

The responsibility for pupils involved in swimming remains at all times with the swimming coaches and teachers for the safe delivery of the activity. It is necessary for coaches and teachers to enjoy good working relationship, with good communication and also to understand that the teacher has the responsibility for monitoring the progress of the pupils regardless of who directs the session. At Grange School, we have a well equipped sick bay and qualified Nurses to attend to emergency situation in the event of an accident.

### **Pool Safety and Operating Procedure (PSOP)**

The School swimming pool manager is responsible for the maintenance of the pool. He must ensure that the facilities are safe and present no risk to the health of the swimmers. This applies equally when the school uses swimming pools belonging to other schools, or when the pool is used for fun day and other activities.

### **Emergency Action Plan (EAP)**

Actions to be taken in the event of a foreseeable emergency, (*for example overcrowding, disorderly behaviour, lack of water clarity, outbreak of fire, sounding of the alarm to evacuate the building, bomb threat, lighting failure, structural failure, emission of toxic gases, serious injury to a bather, discovery of a casualty in the water*), the procedure should make it clear, if it becomes necessary, how to clear the water or evacuate the building.

To ensure the effectiveness of emergency procedures, management should ensure:

All the staff are adequately trained in such procedures.

Notices are displayed to advise the general public of the arrangements

Exit doors, signs, fire-fighting equipment and break-glass call points where provided, should be checked regularly to ensure they are kept free from obstruction.

All fire exit doors should be operable without the aid of a key at all times the premises are occupied. In the event of any of the above listed situation everybody including the staff should assemble at the fire assemble point at the gate side.