

## School Swimming Policy and Guidance

Swimming should be accessible for every single pupil, regardless of ability or any of the nine protected characteristics as outlined in the Equality Act 2010. The nine protected characteristics are:

- Age
- Disability
- Gender reassignment
- Marriage and civil partnership
- Pregnancy and maternity
- Race
- Religion or belief
- Sex
- Sexual orientation












Durham County Council's School swimming program will work closely with stakeholders and families to ensure pupils are able to participate in National Curriculum school swimming lessons. Individual circumstances and reasonable adjustments will be considered at the discretion of swimming teachers.

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

Each pupil should bring a towel in an appropriate bag, along with suitable swimwear: either a one-piece costume, swimming trunks or suitable bathing shorts, above the knee length. Bikinis, Bermuda shorts, cotton t-shirts or loose-fitting clothing are not acceptable, as swimwear must never hamper the efficiency of the swimmer; It is important that swimming clothing is relatively close fitting so as to minimise the effect of drag that waterlogged clothing can create (as this is dangerous for weak swimmers). Also, loose fitting clothing can trap the hands or feet of other swimmers. Sensitivity is required to ensure there is a correct balance when cultural demands require looser fitting garments and the need to be able to see the movements that limbs and joints are making in the water to ensure appropriate learning.

- Clothing must be close fitting and appropriate to be worn in certain individual circumstances, with prior discussion with school Head Teachers and Swimming Teachers delivering the lessons. Other garments maybe considered and deemed appropriate due to protected characteristics.

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Standard Swim Clothing	Unacceptable Swim Clothing
	
	
	
	
	
	

- Swimming costumes should not be worn during travel to the swimming pool for hygiene reasons; pupils should change upon arrival;

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- All pupils should wear a swimming cap in learner school pools where filtration is an issue - this is to ease the changing/drying process and to avoid blocking of pool filters. Swimming caps can be purchased at each individual pool;
- Jewellery should not be worn in the pool due to the possible close proximity of other swimmers, risk of entrapment or loss. Teachers should ensure all jewellery and other valuables are stored in a secure place. Cultural or religious items will be considered on an individual basis, alongside Health and Safety advice.
- The wearing of goggles should only be allowed exceptionally in school swimming lessons, when chemicals in the water may adversely affect eyes or to support visual impairment. When used, these items should be made of unbreakable plastic or rubber materials and should not inhibit the swimmer's ability to breathe;
- Each pupil should ensure that they are clean and anyone who is unclean should not be allowed to use the pool without washing first;
- Each pupil should use the toilet before entering the pool;
- Swimming costumes should not be washed or wrung out in the pool water;
- Outdoor shoes must not be worn on the pool side by staff or pupils
- Hair gel must be washed out and plasters must not be worn in the pool;
- Talcum powder must not be used when changing;
- In the changing room, shoes and clothes should be hung neatly to avoid getting them wet.
- 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;
- Pupils with a verrucae should **not** be excluded from County school pools. A verruca treatment can be applied before entering the pool;
- Pupils should be dried properly and dressed before leaving the changing room after a swimming session. Coats are recommended in the winter months to avoid catching cold.
- Pupils should be supervised at all times by a competent and responsible adult who is DBS checked;
- No pupil will be allowed into the pool without a swimming teacher present;
- Pupils should only be excused from their swimming lesson if they have a valid doctors note or at the joint discretion of the school staff and swimming teacher;