



10<sup>th</sup> May 2021

## Year 3 Swimming

Dear Year 3 Parents,

I am delighted to inform you that this year your child will take part in the London Borough of Enfield School Swimming programme as part of their statutory Physical Education entitlement. I hope that your child will both enjoy and benefit from these lessons.

The children will be swimming at Arnos Pool and will walk to the pool for their session. They will be taught by qualified swimming instructors employed by the Local Authority. Before attending the sessions, the children will receive a water safety talk in school from their class teacher. Sessions will take place on the following Mondays:

**Monday 14<sup>th</sup> June**

**Monday 21<sup>st</sup> June**

**Monday 28<sup>th</sup> June**

**Monday 5<sup>th</sup> July**

**Monday 12<sup>th</sup> July**

Due to Covid-19 restrictions, Arnos Pool has made some changes to the usual school swimming programme. Please read all the information below so that you are aware of the requirements.

One important change is that **children will need to arrive at the pool with their swimwear underneath their uniform (beach ready!)** as changing rooms will only be available after the session. This is to ensure that classes/schools do not mix. As the children will be swimming in the morning, we would ask that the children wear their swimwear to school with their school uniform over the top. **Please place your child's towel, swimming hat (for long hair) and underwear in a named waterproof bag.**

To enable your child to gain the most out of their swimming sessions it is important their swimwear is safe and will not hinder their ability to learn. **All jewellery should be removed at home on Monday morning as it cannot be worn in the pool.**

Children should wear:

- A one-piece swimming costume OR
- A one-piece burkini (make sure the material does not go see-through when wet) OR
- Swimming trunks or short shorts well above the knee
- A swimming hat if hair is long or goes in their eyes when wet
- Verruca socks if needed.

Children should NOT wear:

- Two separate items such as Bikinis or Tankinis
- Burkinis that have long skirts attached
- Leggings and T-shirts unless covered with a swimming costume to prevent them coming apart
- Long loose football, PE shorts or board shorts
- Underwear or wetsuits
- Outdoor footwear such as flip flops, Crocs or reef shoes.



## Goggles

The use of goggles is not recommended as they can be dangerous and cause eye injuries. Written parental consent is required if you would like your child to wear them. The consent letter will then be given to the swimming instructor at the start of the programme. The instructor will make sure the goggles are safe to wear. **Diving and snorkelling masks are not permitted.**

## Medical conditions and illness

Please make sure that the class teacher is aware of any medical conditions and they will share these with the swimming instructors. All medication, including asthma pumps, diabetic kits, etc. will be taken to the pool each week. Please note that if your child has a serious medical condition a letter from your doctor may be required to allow your child to take part. There are very few conditions which prevent children from swimming and provided there is good communication much can be done to ensure children learn to swim with confidence in a safe environment.

If your child has a newly formed verruca, they may still continue swimming, but will need to wear a plastic sock. These are available from pharmacies and sports shops. Older verrucae will need specialist treatment and further medical advice should be obtained.

## Extra requirements for Covid-19

The pool has shared the following safety measures to help prevent the spread of Covid-19. These are:

- Children are being asked to arrive at the pool in their swimwear
- One-way systems to avoid contact with other groups
- No use of showers or hair dryers (these areas are shut)
- Face masks cannot be worn in the water
- Sole use of the area for your child's class
- Areas to be cleaned between groups
- Children to be taught in their class bubbles
- Swimming instructors to wear PPE.

## Important

**Do not send your child swimming or to school if they are feeling unwell or suffering from:**

- **Fever**
- **A new persistent dry cough**
- **Loss of taste or smell**
- **Or if anyone in your family has been asked to self-isolate.**

Please ensure that your child is aware that the swimming pool can be a potentially dangerous area and the importance of adhering to the pool and school rules is important.

I hope your child enjoys the swimming experience and benefits from learning this essential life-skill.

Yours sincerely,

Effie Demetriou  
**Headteacher**