January 2009

Dear Parent/Guardian

PRIMARY SCHOOL SWIMMING PROGRAMME 2009

I am delighted to inform you that this year your child will take part in the London Borough of Enfield Swimming Programme as part of their Year 5 Physical Education entitlement. We hope that she/he will enjoy and benefit from the swimming course. The programme operates for fifteen weeks. Starting in February 2009.

The Enfield School Swimming Programme aims to achieve the following objectives for your child:

- To develop water confidence and water safety skills
- To master basic stroke techniques
- To participate in enjoyable social activity
- To participate in activities, which can help improve health and fitness
- To provide opportunities to participate in appropriate progressive challengers through the Enfield Award Scheme

The clothing requirements for the programme are as follow:

**Girls:**
A one piece swimming costume (no bikinis please)
A swimming hat for long hair
A towel

**Boys:**
A pair of trunks/shorts (no Bermudas or long sports shorts please as these can be dangerous)
A swimming hat for long hair
A towel

The swimming costume, towel etc should have a name tag clearly visible and carried to school in a waterproof or plastic bag.
It remains our policy that no jewellery should be worn in the swimming pool. If possible all jewellery should be left at home, as the swimming instructors cannot take responsibility for these items.

The use of goggles is not recommended; though they may be necessary on medical grounds. Written parental consent is required if you would like your child to wear goggles. The letter should be given to the swimming instructor, at the start of the swimming programme who will record the note and respond accordingly.

**MEDICAL CONDITIONS AND ILLNESS**

Please inform both the class teacher and the swimming instructor if your child suffers from any medical condition that may need extra supervision. It is advisable not to go swimming if your child has a cold.

If your child has a newly formed verruca they may still continue with their swimming, but will need to wear a plastic sock. These are available from most chemists or sports outfitters. Older verrucas will need specialised treatment and further medical advice should be obtained.

Children with asthma should take their named inhalers onto the poolside and if necessary use them before the lesson. Swimming is one of the best forms of exercise for asthma as the air in the pool area contains high levels of moisture.

There are very few conditions, which prevent children from swimming and provided everyone concerned with the swimming lesson is fully informed about the particular problem; much can be done to ensure that children learn to swim with confidence in a safe environment.

**SAFETY AND HYGIENE**

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

If you have any queries or concerns about your child’s swimming lessons please contact me and I will try and help you the best I can.

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

Yours sincerely

[Signature]

G Cumner-Price
Headteacher