



Parent School Swimming Information Letter –2021/22

Dear Parent/Guardian

School Swimming in Kirklees – making a splash!

KAL would like to welcome all children who will shortly be starting school swimming. School swimming lessons are part of the National Curriculum and in Kirklees our aim is to try to ensure that all children have the opportunity to learn how to swim. Our key objective is to provide water safety skills in a pool environment, and KAL aim to do this as part of an educational, enjoyable programme.

National Curriculum – School swimming

The national curriculum lists three outcomes that all pupils must reach by the end of Year 6. These are minimum standards of swimming and water safety and will help to give your child the basic skills to be able to enjoy the water safely.

The national curriculum requirements:

- swim competently, confidently and proficiently over 25 metres
- use a range of strokes effectively
- perform a safe self-rescue in different water-based situations

It is hoped that all children will also want to develop their water skills further by taking part in swimming sessions outside of school.

KAL School Swim – Parent / Guardian Information

• Buoyancy Aids

Buoyancy aids, such as armbands, are not always for non-swimmers. At times they may also be used to improve technique for a particular stroke or skill. All buoyancy aids are provided by KAL.

• What to wear

Swimwear

For your child's safety, swimwear must be fit for purpose. It should be sufficiently tight fitting to allow freedom of body and limb movement without causing unsafe water resistance and drag.

- Boys: Trunks or lycra shorts – NOT beach, gym or football shorts
- Girls: a one-piece swimming costume – NOT bikinis or tankinis

Swim Caps

Swim Caps are required for both health & safety as well as hygiene reasons.

Goggles

Children are allowed to wear goggles in their swimming lessons. All goggles should be made of unbreakable plastic and be of BS (British Safety) standard. Children should be aware of how to wear and remove them safely prior to their first lesson.

Jewellery

Physical Education Safe Practice states that all jewellery, including ear rings and religious adornments must be removed. However, KAL appreciate that this is not always easy to ensure, therefore would request that parents/guardians please check that if their child's ears are pierced they wear simple stud type earrings if due to attend school swimming lessons.

Medical Issues/Exclusions

If your child has any medical conditions, please ensure that your school informs the KAL school swimming teachers prior to their first lesson. Any medication (e.g. asthma inhalers) must accompany children to the pool.

Swimming is a life-saving skill and a compulsory part of the National Curriculum, therefore children will only be allowed to be excluded on medical grounds that are supported by a medical certificate.

KAL Klub Swim – additional lessons

KAL are often asked the difference between the school swimming programme and our KAL Klub Swim swimming lesson programme (or swimming lessons provided by other lesson providers).

KAL Klub Swim: frequently Asked Questions

Q. Why should I continue with additional lessons if my child will be starting school swimming?

A. School swimming lessons are not designed to replace KAL Klub Swim/additional lessons, but rather compliment them. Attending both school swimming lessons and other swimming lessons will only speed up the rate at which your child will learn and help them improve their water confidence and swimming technique and overall enjoyment of water-based activity.

Q. What are the differences between school swimming and KAL Klub Swim/additional lessons?

A. KAL Klub Swim delivers an award-winning Swim England framework, which develops a wider range of skills and also promotes positive health & wellbeing. KAL would encourage any children currently in a swimming lesson programme to continue and would recommend that it would be a huge advantage for any new swimmers to join a suitable, good quality, swimming lesson programme.

During your child's school swimming lesson the ratio of swimmers in the pool to qualified Teachers is significantly higher. The area of pool that the lesson takes place in may be different to what your child is used to (e.g. swimming in the deep end). For this reason, children may be asked to wear additional buoyancy aids.

Q. What are the benefits of KAL Klub Swim/additional lessons?

A. Learning to swim allows children to have fun in the water with family and friends. Water safety is an essential life-saving skill. Swimming provides numerous positive physical and mental benefits throughout a young person's life and on into adulthood. It is good for the heart and lungs, can help with muscle development, and is also thought to help concentration. Knowing how to swim provides access to many other water-related activities and careers.

Q. Are there any additional benefits with KAL Klub Swim lessons?

A. There are some great additional benefits from joining the KAL Klub Swim lesson programme, including:

- All KAL Klub Swimmers enjoy free swimming across KAL swimming pools.
- Parents/ guardians can track their child's progress online.
- Children will receive free awards as they pass each stage on their learn to swim journey.
- Exclusive discounts on fun Yeah Day's Out products across Kirklees – www.yeahdaysout.co.uk

For more information on the KAL Klub Swim swimming lesson programme please contact KAL on 01484 766967 or visit www.kalswim.co.uk

We really hope your child enjoys their time at KAL school swimming.

Kind regards,

The KAL Aquatic & Activity Management Team

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The logo for Kirklees Active Leisure, consisting of the letters 'KAL' in a bold, white, sans-serif font. The logo is positioned on a dark blue triangular background that points towards the bottom right corner of the page.