

01 July 2022

## Parent School Swimming Information Letter –2022/23

Dear Parent/Guardian

### School Swimming in Kirklees – making a splash!

KAL would like to welcome all pupils who will shortly be starting school swimming.

School swimming lessons are part of the National Curriculum, our aim is to provide the opportunity for all Key Stage 2 pupils to learn how to swim. A key objective is to also 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 through either swimming lessons or attending some of the various swimming sessions offered across KAL.

For more information on the KAL Swim please visit [www.kalswim.co.uk](http://www.kalswim.co.uk)

Tel: 01484 766131

Email: [contactcentre@kal.org.uk](mailto:contactcentre@kal.org.uk)

[www.kal.org.uk](http://www.kal.org.uk)

## **KAL School Swim – Parent / Guardian Information**

### **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.

### **Equipment**

#### **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.

#### **Floats & Woggles**

KAL swimming instructors will use a variety of equipment throughout each lesson, all the equipment is provided by KAL.

## **KAL School Swimming Frequently Asked Questions**

### **1. My child already attends lessons, should they continue?**

We strongly recommend they do! Swim England Learn to Swim and School Swimming have different outcomes to achieve, we therefore recommend that swimmers continue with any swimming lessons they are currently in. School Swimming will enhance the skills and strength for your child's swimming.

### **2. What are the differences between school swimming and private swim lessons?**

KAL can only provide a comparison for swimmers which attend KAL Swim lessons. KAL Swim Lessons follow Swim England Learn to Swim framework which progresses through to performance swimming. KAL Swim has approximately 10 outcomes for each stage, school swimming has 4 main outcomes. KAL Swim therefore offers the ability to develop and achieve a wider swimming skill.

### **3. My Child is in lessons already and can swim, why are they being asked to use buoyancy aids?**

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.

KAL only provide fully qualified swimming instructors for the delivery of KAL Swim Lessons and School Swimming, therefore they will be committed to ensuring that the stroke for each swimmer is correct, sometimes this may require support from a buoyancy aid.

### **4. Are there any additional benefits with KAL Swim lessons?**

There are some great additional benefits from joining the KAL 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.
- Opportunity to progress to being a competitive swimmer through the pathway
- Exclusive discounts on fun Yeah Day's Out products across Kirklees – [www.yeahdaysout.co.uk](http://www.yeahdaysout.co.uk)

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

Kind regards,

**KAL Aquatic & Activity Team**