

## School Swimming Induction Talk



### School Swimming Talk

<b>1. Introductions</b>	General welcome and explain why talk is needed. Introduce yourself, lifeguards.
<b>2. Swimwear</b>	Boys - No long shorts please (above the knee if wearing shorts), try and wear trunks. Girls - Long hair to be tied back please (no clips), try and wear swimming hats. No jewellery to be worn unless it is for medical/religious purposes or newly pierced ears. Goggles can only be worn if agreed by the teacher. Goggles are not to be worn for diving.
<b>3. Toilets and Showers</b>	Please use the toilets/showers before swimming. If you need the toilet during a lesson you must ask to go and on returning tell your teacher.
<b>4. Medication</b>	If you have any medical conditions you must tell the swimming teacher who will let the lifeguards know. If you suffer from asthma, labelled inhalers must be brought onto the poolside.
<b>5. Safety</b>	Pool rules poster. No.....running, ducking, shouting, eating etc. Safety rules apply in the changing rooms too.
<b>6. Lesson</b>	Where to sit/stand for each group. You must not enter the water until you are told to do so by your teacher. When entering the water use the steps safely, if entering from the poolside sit and swivel. Jumping and diving into the water only when the teacher says. Diving only in the deep end. End of lesson procedure.....what happens.
<b>7. Pool/Fire Alarm</b>	When, why and what action to take by pupils, teachers and helpers. Alarm test(s) practice.
<b>8. Behaviour</b>	Good behaviour will be expected at all times and will be rewarded appropriately. Poor behaviour will not be tolerated and you may be asked to leave the lesson.
<b>9. Questions</b>	?



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