

School swimming information for teachers

Brief your class before they go swimming for the first time

- Don't assume that everyone knows what you are talking about. There are often one or two who have never been to a swimming pool.
- Sound positive and upbeat. Some children may be quite nervous about school swimming.
- Explain that no-one expects them to be able to swim already. It is good if they can, but no problem if they can't. That's what the lessons are for.
- Tell them what kit to bring. One piece costumes for girls. No baggy shorts for boys. No jewellery. Tie back long hair.
- Explain that on the first week they won't be in the water very much as the swimming teacher will be deciding on the groups.
- Run through the main rules of the pool: no one gets into or out of the pool unless the swimming teacher tells them to; no running on the poolside; no eating etc.

Keep counting heads

- off the bus
- into the building
- onto the poolside and especially...
- back into the changing room after the lesson.

When you get to the pool

- Please make sure the children have been to the toilet and through the showers.
- Introduce yourself to the swimming teacher, he/she will not know which of you is the teacher.
- Pass over any information you think will be useful regarding the childrens health.
- On the first week, the swimming teacher will do an induction talk to the class. He or she will tell them about the main rules of the pool, how they will know about an emergency and what to do in an emergency.
- Tell the swimming teacher if you have a special signal for the children to pay attention.
- The swimming teacher will do an assessment of each child's ability. Please take charge of the children who are not in the pool at any given time. This way the swimming teacher can concentrate on the children in the water.
- The swimming teacher will allocate the children to groups. If you are not taking a group yourself, please position yourself so you can oversee the swimming and assist if possible.
- Don't be shy about asking the swimming teacher for advice.