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## Swimming Information

Dear Parents/Carers,



We are exceptionally fortunate to enjoy a swimming pool onsite at Upton. **Swimming isn't optional learning**, it's part of the government's National Curriculum for Schools. All schools swim – we're fortunate that we don't need to charge parents or travel anywhere. We know that some children find swimming difficult, but parents do not have the option of opting children out of swimming lessons and it is treated the same as any other primary school lesson.

Upton pool is run by Stacy's School of Swimming. The company are separate from the school and have their own instructors and processes. The school still swim four afternoons each week, and a member of our staff goes to the pool with the children, but lessons are not taught by our staff. Sometimes, it can become very loud in the swimming pool because of the building and the children swimming. Instructors do need to speak up in order for the children to hear them, especially when they are in the water. Furthermore, there are 32 children swimming at one time and so some children may find the group they are in varies to that of the group they belong to outside of these lessons but please be assured that the children are being taught and challenged in each and every lesson.

### What can you do to help your child swimming?

- Please label all items of clothing including swimming hats and school uniform as these can get mixed up.
- Ensure your child knows how to dry themselves after swimming and how to get changed. Practise this at home.
- Please do not pierce ears when you know your child has swimming lessons coming up.
- Remove earrings before school on a swimming day. School staff cannot remove these and children will not be allowed to swim with them in.
- Please talk to class teachers if you have any concerns about swimming.

### Earrings:

Earrings cannot be worn in the swimming pool. Recently, at considerable expense, the owners of the pool replaced the pool liner, which is prone to tearing from sharp objects such as earrings. For this reason, the "no earrings" rule is in place for all swimmers. Some parents have mentioned that during private lessons with Stacy's School of Swimming, earrings have been allowed. However, this is simply an oversight by the instructor. It's easier to enforce the rule with groups of school children than with individual swimmers.

### Rules:

Upton Swimming Pool have provided us with an updated copy of their rules for swimmers. This relates to appropriate and acceptable clothing, removal of earrings, wearing of swim hats and other rules that keep swimmers safe and the pool itself in a good state of repair. Please read these rules below.



## 'One Childhood One Chance'

Chilton Primary School, Ramsgate Arts Primary School and Upton Junior School are operated by Viking Academy Trust which is a charitable company limited by guarantee and registered in England and Wales with company number 09449979. The Registered Office is at Chilton Primary School, Chilton Lane, Ramsgate, Kent, CT11 0LQ. Viking Academy Trust is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.



As changing room space inside the pool is limited, cubicles for changing are not available. Many children already own and use large changing robes (see example below) that allow them to change underneath. With children increasingly body conscious in the upper school particularly, there are a variety of suitable swim costume options possible. However, these must also fit the criteria specified to ensure swimmers are safe. If your child is having any issues that would prevent them from swimming, please ensure you have contacted the school so that this can be resolved.

### Swimming Pool Rules for Users:

- We ask that all users respect the facilities and ensure that all users are briefed on some basic principles to maintain the facilities to a high standard for all users. Hirers that do not respect the facilities will be reviewed and, in some cases, have their usage removed.
- Please ask all children and adults to remove outdoor shoes before entering the building and store safely on the racks provided.
- Children should queue outside and may only enter the building when instructed to do so by an Upton swimming pool member of staff.
- All swimmers must remove earrings before entering the pool or poolside.
- All swimmers must wear a **swim hat** at all times and will not be permitted to swim without one.
- The appropriate swim wear must be worn at all times. For boys this should be jammers or trunks and for girls a swimming costume should be worn, with jammers as an option also. *NB The owners have informed us that tight fitting swimsuits from neck to knee are also permitted, as are tight rash vests. T shirts and clothing of any sort are not permitted.*
- Showers are only to be used for a rinse
- Food is prohibited in the facility at all times.
- Drinks are not to be consumed in changing rooms or poolside. However, should users wish to drink water whilst using the pool we deem that acceptable.
- Lost property will not be retained as we do not have the space to do so any items left will be disposed of.

For further information or contacts please see the Swimming Pool website <https://uptonswimmingpool.co.uk/>



Longer swim costume



Large Changing Robe



Rash vests and jammers

Thank you

Upton Junior School

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