

# **Swimming Kit List**

Each Friday, your child will need to arrive in school with the following kit:

## **Swimming Bag**

Their swimming kit in should be able to hold all of their uniform and a towel as they will be kept poolside during the lessons.

## **Swimwear**

Please make sure your child has a towel and close fitting swimwear. Shorts should be above the knee. Long or baggy beach shorts are unsuitable, because:

- They cause drag and limit the pupil's progress or they can inflate and create unnatural buoyancy, or both at differing degrees and times, which is a safety issue for beginners and can lead to unnecessary fatigue for advanced swimmers.
- They could lead to a modesty or decency issue, as they are loose around the leg and generally only have a net brief inside (e.g. containing holes).

Therefore, proper swimming costumes or trunks should be worn. Full body swimwear is allowed but it must be close fitting.

## **Goggles**

Goggles are permitted, but there will be instances and activities where goggles will need to be removed for safety reasons. Pupils will be shown how to wear and remove goggles safely.

Please note:

- Goggles should fit properly and be of an approved nature (British Safety standard 58831996). They must not be made of glass or breakable plastic.
- Swimming teachers cannot be responsible for the adjustments, maintenance and repair of swimming goggles. It would be worth trying/adjusting the goggles at home first.
- Goggles should be removed by holding the eye piece firmly and slipping them off the head without stretching the retaining band.

## **Long hair**

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If a pupils' hair is long enough that when swimming it covers their eyes and/or mouth, then it should be tied back, or a swimming cap should be worn. This will aid your child's progress.

### **Jewellery**

Stud earrings are permitted, but all other items of jewellery i.e. earrings, bracelets, necklaces, watches etc. should not be worn as they can cause injury to the wearer or others.

### **Medical**

- Pupils are not permitted to swim if they have open sores, wounds or infectious diseases.  
Pupils with verrucas or athletes foot, can swim, but should consider covering the verruca with waterproof plaster, wearing a verruca sock or using one of the many treatments on the market to cover it.
- Written permission with a declaration of fitness to swim must be received from parents or guardians of pupils who have epilepsy, diabetes or any form of ear ailment.
- If your son/daughter has asthma, their self-administered medication should be labelled clearly with their name, taken to the pool, kept poolside, and should be administered as required. If your son/daughters asthma pump is not available poolside they will not be permitted to swim.
- If your child has suffered from a bout of sickness or diarrhoea, then they should not swim until 24 hours have passed since the last bout of illness.