

## Pre-Swimming Questionnaire and Information for Parents

In order to enhance your child’s experience when they come to the swimming pool for the first time could you please complete the following questionnaire on their previous swimming experience and read the information below regarding what they will require?

<b>Name of Child</b>	
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Previous Swimming Experience	Please tick
Has never been to a swimming pool	
Has swum between about 1 - 10 times	
Can swim short distances of about 5 metres whilst using swimming aids	
Can swim short distances of about 5 metres without using swimming aids	
Can swim for 10 metres or more without using swimming aids	
Is a member of a swimming club and is a competent swimmer over longer distances	

Is there anything you would like to make the swim teacher aware of concerning your child swimming?

### Information for parents

Your son/daughter will require appropriate swimwear and a towel for their lesson. Boys should wear trunks/shorts that finish above the knee and girls a one-piece costume. Long baggy swimwear can seriously restrict the swimmer and can be potentially dangerous and is therefore not allowed for school swimming lessons.

In meeting the cultural and religious needs of pupils it is permissible for pupils to wear leggings or footless tights under a swimming costume or long sleeved leotard. These must, however, be tight fitting and consideration made as to their weight when wet. If a pupil wishes to wear a t-shirt over the top of their costume then, again, for health and safety reasons this must be close fitting and not baggy.

In line with health and safety recommendations (AfPE, 2012) goggles should not be worn for curriculum swimming lessons and therefore please do not send your son/daughter swimming with these. All jewellery should be removed in accordance with our school’s PE policy.