

## **KIS Primary School Swimming Policy**

### **Policy Statement**

KIS International School views swimming as an important and necessary life skill, and therefore an essential part of the Primary Curriculum. These skills should be promoted and developed by all students attending KIS from Early Years to grade five. As well as providing possible life saving skills, the swim programme promotes the IB learner profile by supporting the development of self-confidence, independence and risk taking, and provides an excellent opportunity for the promotion of competition, good health, fitness and a balanced life style.

As well as being an essential life skill swimming provides many health benefits:

- Swimming promotes Physical Development.
- Swimming develops aerobic endurance and is the most beneficial form of cardiovascular exercise.
- Swimming enhances children's natural flexibility and promotes proportional muscular development.
- Swimming develops superior coordination
- Swimming is the most injury free of all children's sports
- Swimming is a sport that will bring children fitness and enjoyment for life.

### **Swimming Policy and Practices:**

#### ***Programme Participation:***

- The KIS swimming programme is developed for students of all ages, classes and skill development is both age and ability leveled to provide an appropriate programme for all participants
- A qualified and experienced Swim Instructor teaches and guides the students towards comfort and competence in the water, in addition a qualified Life Guard supervises the swimmers from the poolside, and there is one other adult from the classroom present.
- One period per week at all grade/age levels is dedicated to the swim programme. All children must participate in this activity; At KIS swimming is valued, and is an integral part of the curriculum. It is not optional.
- All students are expected to participate in the swim programme unless sick or injured. Students who are sick should provide the teacher/swim instructor with a letter from their parent/guardian requesting that they do not participate that particular week. If a student is sick with a prolonged illness and can not participate in the program for a longer period of time, a note from the doctor explaining why they are not able to participate in this particular curricular area will be required. Should this be continuous the school may request a weekly note until the child is fit enough to participate in the whole school programme once again.
- Students who do not participate in the swim programme must remain in the classroom with the other half of the class, this in many cases may mean a repeated lesson but this cannot be avoided as additional supervision for non-swimmers is not provided. Students should not be left unsupervised at any time.

- Students are required to wear the KIS swim uniform for swimming lessons, swimsuits, shorts, tops and caps are available from the SEA department.
- All students, with long hair, should for safety and hygiene purposes tie back their hair for swimming class. Students should wear a rubberized swim cap to keep hair dry if there are concerns regarding health and wet hair. Time will not be given to drying hair other than toweling down when coming out of the pool. Rubberized caps can be purchased from the SEA department or from sports stores. Caps should be blue or white in color, and have the child's name clearly marked on it.

### ***Student Safety and Supervision:***

Student and Staff safety is of the utmost priority at KIS, students should be reminded constantly of the pool rules which must be followed at all times. These rules state that:

- Students should not run at the pool or around the poolside
- Students should not go to the pool without adult supervision
- No one should swim alone
- There should be no diving or inappropriate jumping into the pool
- Students should not push or shove by the edge of the pool
- Showers should be taken before entering the water
- There should be no food or beverages during swim lessons and no glass or breakable objects around the pool
- Either the Teaching Assistant or the Teacher (one classroom adult) is required to attend the swimming classes, providing a good student to adult ratio ensuring the safety and well being of all the children. If the ratio cannot be met, and alternatives cannot be found, swimming must be canceled. A PE class can be provided instead.
- If the Swim Instructor is absent, teachers may take their children swimming as long as the life guard and other supervisor(s) are available.
- The classroom adult must accompany students to the pool, supervise changing sessions and be at the poolside to be the third supervisor for the class. TAs/Teachers may choose to swim with their students if they wish, it is essential there are enough observers stationed both in and out of the pool

### ***Maintenance and pool preparations:***

- The swimming pool is very well maintained and is cleaned, and serviced on a regular basis.
- Showers and Male and Female changing facilities are available underneath the pool for the use of the students in G1 and above. These areas are a shared facility with the Secondary School; supervision is required at all times.
- Early Years and KG students should change in their own classroom/bathrooms prior to being walked over by their supervisor to the pool.
- On the rare occasions the pool may need to be closed for use, this may happen when:
  - appropriate ratios between staff and students can not be met
  - swimming may be a health concern due to an infectious illness in the school
  - the pool requires emergency cleaning
  - the outdoor temperature is below 22° or less (EY1-EY2), The outdoor temperature is below 20° or less (KG – G5)
  - the water temperature is below 20°
  - the pool is undergoing specific maintenance checks/repairs
  - there is heavy rain, or a thunder storm is imminent
- chlorination or cleaning has just taken place

The Swim Instructor must consult with the Principal/designate and inform the Homeroom Teachers when making changes and/or following through with programme alterations.

### *Swimming off campus:*

#### *Off Campus Pools:*

- when swimming takes place in off campus pools the facilities should first be checked by the staff
- Check for depth and discuss boundaries and expectations with students
- Supervisors must be able to swim
- Ratios must be maintained or swimming cannot happen
- All the visiting pool rules as well as KIS pool rules must be observed
- Student must be supervised at all times; when swimming and when changing

#### *Fresh or Open Water*

- Swimming in rivers and the sea/ocean is permitted only if it is a part of an organized programme
- Check with programme leader to ensure there are no dangers, currents, obstacles etc. to prevent a safe swim
- Students/staff must be dressed appropriately
- KIS ratios and rules as well as the programme rules must be adhered to
- Supervisors must be present both in and out of the water
- Life vests may be used if preferred
- If in doubt don't swim

**Adopted:** December 2002

**Reviewed:** April 2011