

Parent Information Guide

HELPING YOUR CHILD

Swimming is an important part of the National Curriculum and gives children a life skill that could one day save their life.

Through the Active Leeds School Swimming Programme, children develop confidence, swimming ability and water safety knowledge in a safe, supervised environment.



WHAT TO BRING

Swimsuit or swimming trunks, Towel, Goggles.

Please avoid; Baggy shorts below the knee, bikinis etc.

Alternative modest swimwear may be worn where required for cultural, religious or personal reasons



WHAT TO EXPECT

Lessons are delivered by qualified Active Leeds swimming teachers and are supervised by qualified lifeguards. Children are assessed by ability and grouped accordingly to ensure lessons are both safe and appropriate for their level. Progress is monitored throughout the year.



MEDICAL CONDITIONS

Please ensure the school is aware of any medical conditions including:

- Asthma
- Diabetes
- Epilepsy
- Allergies
- Additional support needs

Any medication that may be required during swimming sessions should be provided in line with school procedures.



WHEN SHOULD THEY NOT SWIM?

Please do not send your child swimming if they:

- Are being sick
- Have diarrhoea
- Have a contagious infection
- Have open wounds or skin infections

Children should not swim for:

- 48 hours after diarrhoea
- 7 days after gastroenteritis



IF YOUR CHILD IS NERVOUS ABOUT SWIMMING

Many children feel nervous when they start swimming lessons.

Parents can help by:

- Talking positively about swimming
- Encouraging regular attendance
- Celebrating small achievements
- Reassuring children that lessons are delivered according to their individual ability
- Take a pre visit to the leisure centre they're attending for a look around

Our aim is to help every child become safe, confident and successful in the water



WHY SWIMMING MATTERS

By the end of primary school, children should be able to:

- Swim at least 25 metres confidently
- Use a range of swimming strokes effectively
- Perform safe self-rescue
- Understand how to stay safe in and around water

These are National Curriculum requirements for Key Stage 2 pupils



**EVERY CHILD DESERVES THE
OPPORTUNITY TO BECOME
CONFIDENT AND SAFE IN THE
WATER**

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WATER SAFETY

Throughout the programme, children learn important water safety skills including:

- Staying safe near water
- How to attract attention if in difficulty
- Floating and self-rescue techniques
- What to do in an emergency
- How to help someone safely without entering the water

Water safety education forms an important part of school swimming lessons

SCHOOL SUPERVISION

- School staff remain responsible for pupils.
- Active Leeds provides qualified swimming teachers.
- Qualified lifeguards are always present during lessons.
- Children are supervised in changing areas and on poolside by school staff

WORKING TOGETHER

Parents, schools and Active Leeds all play an important role in helping children:

- 🏊 Learn to swim
- 💧 Stay safe around water
- 🏆 Achieve National Curriculum outcomes
- 😊 Build confidence for life

For swimming-related queries, please contact your child's school in the first instance. Further information about the Active Leeds School Swimming Programme is available through Active Leeds website

PARENT CHECKLIST

Before each swimming lesson:

- ☐ Swimming costume/trunks packed
- ☐ Towel packed
- ☐ Long hair tied back
- ☐ Jewellery removed
- ☐ Medical needs communicated to school
- ☐ Child feeling well enough to swim
- ☐ Positive encouragement given!

FOLLOWING A WATER INCIDENT

On rare occasions where a child experiences difficulty in the water, parents may be advised to monitor for symptoms following the incident. Seek medical advice immediately if your child experiences:

- Difficulty breathing
- Persistent coughing
- Chest pain
- Unusual tiredness
- Changes in behaviour following a water incident

These symptoms can occasionally develop some time after a water-related incident

WANT YOUR CHILD TO PROGRESS EVEN FURTHER?

School swimming lessons provide a great foundation, but extra practice can help children progress even further.

The Active Leeds Learn to Swim Programme offers structured lessons for babies through to adults, helping swimmers build confidence, improve technique and progress through nationally recognised stages.

All Learn to Swim memberships include free public swimming, giving swimmers more opportunities to practise their skills and accelerate their progress.

🏊 School swimming starts the journey. Learn to Swim helps every swimmer reach their full potential.

Visit active.leeds.gov.uk/swimming or scan the QR code for further info

