

## PARENT LETTER FROM SCHOOL SWIM SERVICE with COVID UPDATE

Dear Parent

The Sheffield School Swim Service and Lydgate Junior School understand the importance of learning to swim – it is the only physical activity which can save your life. Drowning is the third most common cause of accidental death in children and we want Sheffield children to have the best chance if they should fall into water. Your child is due to start their school swimming lessons on Thursday 10<sup>th</sup> December. This letter is to provide you with some information which aims to answer your questions about what they will learn, provide you with information on the steps you can take to help prepare your child for their lessons and give you confidence about your child attending school swimming in the current climate.

**The aim of these lessons is to teach your child to:** Perform safe self-rescue in different water based situations; Swim competently, confidently and proficiently over a distance of AT LEAST 25m and use a range of strokes effectively, for example, front crawl, backstroke and breaststroke. As well as learning to swim the basic strokes, your child will learn how to be safe around different water environments e.g. beaches, lakes, canals etc. Your child will know how the skills they learn in their swimming lessons can be used in an emergency situation.

**As a parent, guardian or carer you play a vital role** in encouraging your child to swim and to help them to learn about water safety, survival and lifesaving before they attend their school swimming sessions to ensure that they get the most from each and every lesson.

There are several ways to help your child:

- Go swimming as a family.
- Growing their water confidence will mean they progress quicker to gain skills that could save their life. Get them to put their face in water and blow bubbles whilst in the bath or shower.
- Talk about water safety with your child and tell them how important it is.
- Make sure your child has everything they need to take part in their school swimming lessons. Try everything on to make sure it fits and is comfy!
- Sign your child up for additional lessons at a local facility as soon as possible.
- Continue to swim after school even during the period that they are swimming with school. The more they swim the better.

More information can be found here: <https://www.swimming.org/schools/parents-and-pupils/>

### **The Covid -19 pandemic and School Swimming:**

The priority for Lydgate Junior School and the School Swimming Service is to make sure that pupils, school teachers and swimming teachers are always as safe as possible whilst providing quality educational experiences for our pupils. The School Swim Service is working closely with the venues to enable children to get back to learning this vital life skill. The team are closely monitoring the covid-19 pandemic and are operating well within government guidelines. If you want to view risk assessments and venue specific procedure please click here <https://www.sheffieldschoolswimming.co.uk/covid19/>. All procedures have been implemented in line with current guidance and advice from Swim England and the Government, as well as monitoring the local response.

Your child will be asked to arrive 'Beach Ready'. So please make sure your child has their swimming costume on under their school clothes on their swimming lesson day, which is a Thursday.

In the event the UK Government or local authority advises us to close one or all of the pools we will suspend lessons for the required period of time. We will reopen when we are advised to do so and when it is considered safe. **We will keep you informed.**

Steps taken to keep children safe at school swimming lessons:

- The school swimming timetable has been amended to accommodate lessons at the pools that are opening.
- There is extra time between lessons to avoid schools meeting in venues, to allow for more cleaning of the pool side and changing rooms.
- We have purchased extra equipment and have all the necessary PPE for our staff.
- School staff will be required to wear coverings on the transport and whilst entering the leisure facilities.
- All school to pool transport is fully risk assessed and they have cleaning procedures in place.

We are very much looking forward to helping your child learn to swim. If you have any questions, please do not hesitate to get in touch.