



Derryooper National School Policies

Roll Number: 17547R

Patron: Most Rev. Michael Duignan, Bishop of Clonfert

Chairperson: Fr. Kieran O'Rourke P.P.

Phone: 0860483344

Principal: Padraig Lohan

Swimming Policy

1. Introduction

Derryooper National School is committed to promoting **water safety, physical well-being, and swimming proficiency** for all pupils. The school recognises swimming as an essential life skill and part of a **balanced Physical Education curriculum**. To support this, all students from **Junior Infants to Sixth Class** participate in a structured swimming programme at **Birr Swimming Pool**.

2. Aims & Objectives

The aims of this policy are to:

- Ensure that every child has the opportunity to develop basic **water confidence, safety awareness, and swimming skills**.
- Provide a **structured, inclusive swimming programme** suitable for all abilities.
- Develop children's ability to **enjoy and engage with swimming as a lifelong skill**.
- Reinforce **water safety** and emergency procedures to **reduce risks around water**.

3. Organisation of Swimming Lessons

- Swimming lessons take place **once a week for six weeks at Birr Swimming Pool**.
- The programme is delivered by **qualified swimming instructors** and supervised by **class teachers and accompanying staff**.
- Pupils are grouped **according to ability** to ensure progression and safety.
- Children travel to and from the pool by **organised transport**.

4. Roles & Responsibilities

School Responsibilities:

- Ensure **all pupils participate** unless a written note is provided by a parent/guardian excusing the child on medical or other significant grounds.
- Provide **adequate supervision**, including at least one teacher accompanying each class group.
- Liaise with **swimming instructors** to monitor pupil progress.
- Communicate with parents/guardians about **requirements, schedules, and expectations**.
- Ensure emergency **contact details** and any **medical information** (e.g. asthma, epilepsy) are available to supervising staff.

Parental Responsibilities:

- Ensure their child attends all lessons **with the appropriate swimming gear**, including:
 - **Swimwear** (swimsuit/trunks)
 - **Towel**
 - **Swimming cap** (mandatory for hygiene reasons)
 - **Goggles** (optional but recommended)
 - **Flip-flops/sandals** for hygiene purposes in changing areas
- Inform the school in writing if a child **cannot attend swimming lessons**.
- Notify the school **of any medical conditions** that could impact participation.

Student Responsibilities:

- Follow **all safety rules and instructions** given by swimming instructors and teachers.
- Treat the **facility, instructors, and peers with respect**.
- Avoid **running, rough play, or dangerous behaviour** in and around the pool.
- Take responsibility for **their belongings**.

5. Health & Safety Considerations

- All **teachers, staff, and instructors** will follow **Birr Swimming Pool's safety procedures**.
- Any **injuries or incidents** will be **reported immediately**, and first aid will be administered as necessary.
- **Pupils with medical conditions** (e.g. asthma, diabetes, epilepsy) will be closely monitored, and emergency procedures will be in place if required.
- **Hygiene guidelines** (showering before entering the pool, using appropriate swimwear) must be followed.
- If a child becomes **unwell or distressed**, they will be **removed from the session and supervised** until safe to return to class.

6. Exemptions from Swimming Lessons

- If a child is **unable to participate**, parents must provide a **written explanation**.
- Where a medical condition prevents participation, a **doctor's note** may be required.
- Any alternative arrangements for **non-participating pupils** will be made at the school's discretion.

7. Evaluation & Review

This policy will be **reviewed annually** by the **Board of Management**, in consultation with **teachers, parents, and pupils**, to ensure:

- The programme meets **curriculum and safety standards**.
- Pupils are making **appropriate progress**.
- Health and safety guidelines are being **followed effectively**.

8. Policy Approval

This **Swimming Policy** has been prepared by the **Principal** and approved by the **Board of Management**.

Signed:

Chairperson, Board of Management: _____

Principal, Derryoover National School:



Date:

19 February 2025
