

## **Personal Effects**

Swimwear must be suitable for the purpose and preferably of a dark colour to enable the swimmer to be seen clearly underwater.

Girls must wear a one-piece swimming costume and boys must wear swimming trunks.

In exceptional circumstances the School Swimming Instructor may allow boys to wear appropriate shorts; however, these must NOT be below the knee. Large baggy shorts will impede the pupil's movements in the water, as well as restrict the view of the teachers in seeing the movements that limbs and joints are making in the water. If, for medical, cultural or religious reasons, pupils are allowed into the water in clothing other than usual swimwear, it is recommended that leotard and tights or a full body suit be worn. In addition, pupils should be restricted to shallow water until they have shown that they are able to swim competently and safely.

Goggles should only be allowed exceptionally, when chemicals in the water may adversely affect eyes. Goggles should be made of unbreakable plastic or rubber materials and children taught to use them correctly and safely prior to their attendance at the pool. Pupils who wish to wear goggles must have a permission slip signed by their parent/guardian/carer. The School Teacher should record it against the pupil's name on the appropriate registers (Appendix 1 & 2).

Hair must be tied back if long, or of a length which might impair vision.

Swimming hats are highly recommended for children to wear during school swimming lessons. For facilities that share the pool with members of the public, it is very strongly recommended that children wear swimming hats. This helps to ensure that pupils are easily identified. (Some pools may have a compulsory swimming hats policy in place.)

### **Wearing Earrings for School Swimming:**

Derbyshire County Councils' policy remains the same on this: as a general rule, earrings must be removed for swimming. However, the authority does not wish to exclude pupils from swimming where there is a genuine reason that earrings cannot be removed. These situations should be treated as exceptional situations and will generally relate to specific medical issues only. In these circumstances' schools may wish to allow pupils to go swimming if the earrings (small studs only) have safety backs and the ears are completely covered by close fitting swimming caps. This will need to be in the Schools PE Jewellery policy/procedures.

Staff should not remove pupil's jewellery or apply plasters over the jewellery.

Safety medic-alert bracelets or necklaces should be removed and given to the Adult in Charge for safe keeping during the swimming lesson and returned to the pupil immediately the pupil exits from the water. If the bracelet is unable to be removed it may be taped over securely with waterproof tape.

Mobile phones with photo / video capability must not be used in the changing rooms or on poolside and if carried must be concealed at all times. Schools should have a mobile phone policy that reflects this.