

Curriculum Swimming Lessons – Preparation Information for Parents

Your child will shortly be taking part in swimming lessons with Active Luton. Please find below some information to assist you in preparing your child for their lessons.

Clothing

Your child will require appropriate swimwear and a towel for their swimming lessons. Please let your child know they will need to remove their underwear before putting on their swimming kit.

Boys

Close fitting trunks or swim shorts (no underwear or football shorts). Shorts should be above the knee.

Girls

One-piece costume. (no bikinis)

In meeting cultural and religious needs, children may wear leggings or footless tights under a swimming costume or a long sleeved leotard. These must, however, be tight fitting and consideration made as to their weight when wet. If a child wishes to wear a t-shirt over the top of their costume then this must be close fitting and not baggy.

Long baggy swimwear can seriously restrict the swimmer and can be potentially dangerous and is therefore not allowed.

Goggles

The national recommendations are that goggles should not be worn for curriculum swimming lessons. There are various reasons for this but in summary;

- Children need to learn to be safe in water without goggles
- Beginner swimmers are more likely to have potential injuries using goggles
- If goggles are ill fitting, they mist up causing poor vision

Even if your child normally swims using goggles they will need to prepare for not having them.

Jewellery

As with all PE lessons in school, children will need to be able to remove their jewellery.

Swimming Hats

Swimming hats are recommended to keep hair dry and out of the face. Children with long hair will need either a hat or a suitable hair band to tie it back.

Inhalers

If your child uses an inhaler they will need to bring it to school that day. School staff will ensure it is available by the poolside.

Verruca's

In line with current medical advice if a pupil has this condition they are still able to swim and do not need to wear a verruca sock.