



A Parent's Guide to Swim:ED

Your questions answered



Swim:ED is an innovative programme that allows your child to be more confident, competent and safe in the water, all on the school playground.

We recognise that this new approach to swimming and water safety education comes with many questions and sometimes concerns. That's why we've compiled a list of frequently asked questions for parents to provide a clear overview and address any initial questions you may have.

So, if you're ready to learn more about Swim:ED, let's dive into the details.

What is Swim:ED?

Swim:ED is a primary school swimming and water safety programme delivered on the playground. The Swim:ED team provides a heated pop-up pool and qualified teachers who create a safe and enriching environment for children to become confident, competent and safe in the water. Learn more about Swim:ED via our website, www.swim-ed.co.uk.

What is a pop-up swimming pool?

A pop-up pool is a temporary pool structure (10 metres by 5 metres with a depth of 1.2 metres) that can be located on a school site for a short period to provide a high-quality, safe swimming and water safety programme for small groups. The pool meets industry standard safety requirements (HSG179) and is enclosed in a safe and secure temporary modular structure. You can see an example of what a pop-up pool looks like on a school site in the image opposite.



What does my child need for their swimming lessons?

All children are required to bring a towel to dry themselves after their lesson. Girls should wear a one-piece swimming costume, and boys should wear swimming trunks or shorts (above the knee). Children are not allowed to wear t-shirts or leggings in the water.

Goggles must be worn, long hair must be tied back, and a swim cap must be worn. If your child already has a swim cap, they are welcome to bring it. If not, the Swim:ED team will provide one. Wearing a swim cap helps keep hair out of the face, supports good water hygiene by maintaining pool water quality, and makes it easier for children to move comfortably in the water.

Jewellery (except for an SOS talisman) is not permitted during lessons.

Who teaches the swimming lessons?

All lessons in the Swim:ED programme are delivered by certified swim teachers and supported by qualified lifeguards.

How many children take part in each lesson?

Each lesson caters for up to 12 children. The Swim:ED team works with your school to ensure children are in appropriate ability groups.

Does my child need to be a confident swimmer to take part?

No, swimming should be a right, not a privilege, which is why the Swim:ED team aims to allow every child to participate and become more confident, competent and safe in the water.

How long will a swimming lesson last?

The Swim:ED team will work with your school to ensure every child participates in lessons that last 30 – 45 minutes.

How long will the Swim:ED programme run for?

Children swim every day for at least three weeks with Swim:ED. Additional booster weeks, pre-teach, enrichment, water safety-focused sessions after-school clubs could be offered at the school's discretion.

Where will my child get changed?

All children will change in a designated changing space which will be supervised by school staff.

Will it be warm enough?

The pop-up swimming pool is in a temporary modular structure, and the water is heated to a constant temperature (operating temperature is between 27-32 degrees Celsius). We ask children to have a towel and/or robe and suitable footwear poolside when they exit the pool and are taken back to the changing area by school staff.

How big is the pop-up swimming pool?

The pool is approximately 10 metres by 5 metres, with a depth of 1.2 metres.

How do children get to the swimming pool?

The pop-up pool is usually located on the school playground, meaning children walk a very short distance between the changing area and the pool. Children need to wear appropriate footwear and bring a robe and/ or towel. Further details are provided in the parent/ carer letter which will be shared with you by your school before provision starts.

What are the national curriculum expectations for swimming and water safety?

All primary schools must provide swimming and water safety instruction either in Key Stage 1 or Key Stage 2. As part of the primary school national curriculum, every child should leave primary school able to:

- demonstrate safe self-rescue and evidence of this in different water-based situations.
- swim confidently, competently and proficiently over a distance of at least 25m.
- perform a range of strokes confidently and competently.



Why is swimming and water safety important?

Shocking statistics demonstrate that 1 in 3 children are leaving primary school each year unable to swim 25m, and over half of year 6 pupils can't demonstrate a safe self-rescue. These figures are set to increase without intervention.

Can my child take part if they are unwell?

For everyone's safety, children should not participate in swimming lessons if they are unwell or have any infections, such as ringworm, tapeworm, impetigo, or other contagious conditions.

If your child has had a sickness or diarrhoea bug, they should not go into the pool for at least 48 hours after the last episode. This helps to maintain high water quality and prevents the need for pool closures.

Please follow your school's usual sickness and absence policy and use your discretion to decide when your child is fit to swim. If in doubt, speak to your school before their lesson.

How can I help my child prepare for their swimming lessons?

Firstly, it helps to talk to your child positively about swimming and the importance of learning to swim. Next, please ensure they can dress, undress, and dry independently, including getting into and out of their swimwear.

It's not essential, but it could help boost your child's confidence by visiting your local pool before lessons start.

Use the pool finder tool on the Swim England website www.swimming.org/poolfinder
Provide further support by practising blowing bubbles, splashing water over and submerging their face.

Finally, you can help your child prepare for their school swimming lessons with some great resources from Swim England and the Royal Life Saving Society.



swimming.org/learntoswim



rlss.org.uk/pages/category/parentsresources