

KEY STAGE 2

SWIMMING



KS2 Swimming

Link4Life aim to make your child's school swimming lesson experience positive, fun, challenging and rewarding. We aim to work in partnership with families to make the swimming lesson experience as positive as possible, giving Key Stage 2 children the opportunity to learn vital life saving skills.

Link4Life follows the Swimming Teachers Association School Academy Awards. There are 8 Awards which are suitable for all abilities of swimmers, starting with Award 1 which is for non-swimmers through to Award 8 which is for club swimmers.

All Swimming Teachers are trained to a minimum of a level 2 Swimming Teacher qualification and all hold a Royal Lifesaving Society qualification. Link4Life follows Swim England's recommended pupil to teacher ratios.



IS IT SAFE FOR MY CHILD TO SWIM WITH COVID RESTRICTIONS IN PLACE?

- Link4Life are following the Swim England 'Returning To The Pool' guidance to safely re-start school swimming lessons
- The swimming pools will follow the pool water treatment advisory group code of practice which can be viewed at <https://www.pwtag.org/>
- Enhanced cleaning and safety measures are in place to make our facilities Covid secure. These include sanitising, regular deep cleaning and fogging

WHY IS SWIMMING IMPORTANT?

Drowning is the third highest cause of accidental death in children in the UK. More than 400 people drown in the UK every year and thousands more suffer near-drowning experiences. Most of those people never intended to be in the water. The school swimming curriculum gives children the skills and knowledge of how to save themselves in an aquatic emergency and how to keep themselves safe when near water.

Swimming is a compulsory part of the Key Stage 2 National Curriculum. Link4Life will deliver the national curriculum requirement's during your child's swimming lessons.

By the end of Key stage 2 every child must be able to swim 25m unaided, use a range of swimming strokes effectively and perform self-rescue in a range of aquatic emergencies.

If your child does not swim regularly they will not meet the KS2 requirements and more importantly the knowledge and ability to perform self-rescue.

WHAT CAN I DO TO PREPARE MY CHILD FOR SCHOOL SWIMMING LESSONS?

- Bring them swimming as much as possible before their first lesson. Come along and enjoy a family swim session at a Link4Life swimming pool. Book your session at www.link4lifeolb.org
- Talk positively about coming swimming and the importance of learning to swim
- Ensure they are able to dry themselves independently
- Get them to practice blowing bubbles, splashing water over their face and submerging their face

WHAT DO THEY NEED TO WEAR?

- Girls to wear a one piece swimming costume
- Boys to wear swimming trunks or swimming shorts (above the knee)
- Children can wear rash vests and or leggings for modesty if they wish.
- Googles maybe worn but remain the responsibility of the individual wearer
- Long hair must be tied back or a swimming hat worn