

## **SWIMMING GUIDANCE**

Children will be allowed to wear goggles if they so wish during swimming lessons, providing that they are able to put on and adjust the goggle strap on their own. The use of goggles will depend on the swimming activity that has been arranged and this will vary throughout the time that lessons take place.

Please ensure your child wears the appropriate swim wear, according to the below swimming guidance:

Boys should wear swim shorts or trunks, the leg length of these should be no longer than thigh.

Girls should wear an appropriate one piece swimming costume no bikinis.

The rash vest swim wear which consists of shorts and a top will be allowed for both girls and boys as they are designed especially for water based sports such as swimming and surfing.

Long hair must be tied back while swimming at all times or the other option would be for the child to wear a swim hat.

All nail varnish (on fingers and toes) and any temporary tattoos will need to be removed prior to swimming.

Jewellery must also be removed before entering the swimming pool, please note that teachers are unable to help with the removal of earrings.