



Swimming Policy

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Milford Grange National School



Milford Grange National School, Plassey Park Rd, Sreelane, Castletroy, Co. Limerick, V94 W3W4 Tel: 061-339123

Policy Statement

The Board of Management of Milford Grange National School recognises the importance of education in water safety and the priority given to the strand of Aquatics in the Physical Education (P.E.) curriculum. The school has regard to both the physical and mental development of each of its pupils. Believing that a healthy body promotes a healthy mind, the school arranges for eight swimming pool lessons for each of its students during the school year. Swimming is a compulsory facet of the Primary School Curriculum. Attendance at this course fulfils the Aquatics Module of the PE Curriculum as laid down by the Department of Education. Parents defray the cost of the course.

Aims & Purpose

1. To comply with the requirements of the Revised P.E. Curriculum in Aquatics
2. To enable pupils to acquire basic swimming skills while they are at Milford National School.
3. To ensure child protection and the dignity of children in a vulnerable situation
4. To provide clarity of rules and responsibilities

Procedures and Guidelines

- Each pupil will attend a block of eight swimming lessons in a swimming pool annually from First Class to Sixth Class.
- The swimming pool at the University of Limerick Arena has been reserved on Tuesdays, Wednesdays and Thursdays from January to May.
- Costs incurred by hiring of pool and payment of instructors necessitate a charge being imposed on each pupil. This will be sent to parents via payment request on Aladdin. Inability to pay will not preclude a pupil from participating fully in swimming classes.
- A pupil who needs to opt out of a swimming class for a medical reason should provide a note of excuse, written and signed by the parent or guardian. A medical cert will be required if there is a medical condition which precludes the child from swimming on a long-term basis. It is the policy of the school that all pupils attend swimming lessons unless exempted by a doctor.
- All children attending swimming should wear their school uniform tracksuit. Swimming togs may be worn under clothing coming to school. Each child must have a suitable bag to carry his/her swimming gear such as a sports bag or similar type of bag with a secure zip
- Generally, most children in 1st to 6th classes will have sufficiently developed personal care skills to manage changing/dressing with ease. Children with additional needs and who have been granted access to a Special Needs Assistant (SNA) will be assisted by an SNA.
- All items brought to the pool must be clearly labelled with the child's name. This includes the bag, tracksuit, socks, underwear and shoes.
- Each child must have their own togs, towel, hair brush (if necessary) and swim cap, all of which must also be marked.
- No toiletries (e.g. shampoo, shower gel, deodorant) are permitted. Hairdryers are not permitted.
- While in the pool, pupils must endeavour to obey the instructor's orders at all times and comply with the School Code of Conduct.
- Teachers will remain on the viewing deck during the lesson in order to supervise the overall group and pupils who may need to use the toilets during the lesson.

Instructional Arrangements

- A swimming programme for all classes from First Class to Sixth Class is organised during Term 1
- Parents are notified of the swimming time-table as soon as it is compiled, usually in November / December.
- Swimming Lessons will take place during Term 2 and Term 3 of each school year.
- Instruction in the pool will be provided by University of Limerick Arena coaches.

Travel and Supervision Arrangements

Pupils will be accompanied by and supervised by the class teacher on the way to and from the pool and the school. Pupils will walk to the pool at the University of Limerick Arena and the class teacher and SNA (if applicable) will provide supervision before and after the swimming lesson. Only with written permission signed by the parents/guardians will pupils be permitted to miss their swimming lesson. Best practice in relation to the supervision, instruction and child protection procedures as outlined by the Irish Sports Council, Swim Ireland and the National Safety Council will be adhered to at all times.

Health and Safety

- Staff will follow the guidelines of the School's Health and Safety Policy and Child Safeguarding Statement at all times.
- Pupils are required to behave at all times in a manner that ensures the safety of all involved in school swimming.
- Where a parent/guardian has a health concern regarding their child's participation in swimming, professional advice should be sought and a medical certificate should be provided explaining why the child may not go for swimming lessons.
- In the best interest of the child, it is the duty of parents/guardians to inform the class teacher and/ or Principal with regard to any health condition that may affect the child in the pool. This information will be held in confidence and provided on a need to know basis to the swimming instructors.
- Where a parent/guardian has a concern / query regarding their child's assigned group for their instruction the parent should communicate this to their child's teacher. The class teacher will bring this information to the pool supervisor. Once the teacher has received a response from the pool supervision this information will be relayed to the parent.
- Deodorant or other sprays must not be brought to the pool as the dressing rooms are confined spaces. The Health and Safety Guidelines outlined by the pool authorities will be strictly adhered to.
- If any injury or accident occurs at the pool the lifeguard on duty will attend to the injury. Any incident reports completed by the swimming pool staff will be copied and brought back to the school.
- Staff from the school who are supervising pupils at the swimming lessons are expected to communicate any concerns regarding health and safety of the pupils to the swimming pool staff and the school Principal.
- Where children have specific medical needs (diabetes/ epilepsy or other diagnosed conditions) the class teacher will highlight the needs of that particular child with the lifeguards on duty and with the swimming teacher at the beginning of each swimming lesson. (This is reiterated weekly as pool personnel may change from week to week at the pool.)
- Taking photographs and video recordings at the swimming pool area, changing area, pool deck, and other viewing areas of the swimming pool are strictly prohibited.

Responsibility For Implementing This Policy

The Board of Management in consultation with the Principal and the school staff are responsible for facilitating the smooth implementation of the policy.

Roles and Responsibilities

School-related outings are enjoyable and provide wonderful authentic learning opportunities for children. Everyone, including each individual child, must be responsible for making these activities enjoyable and worthwhile. The essential roles and responsibilities of children, parents and staff are outlined below:

Pupils:

Except in the case of children with additional needs, the children will:

- Remember to take their swimming gear to school on the appropriate days.
- Take instructions from their teacher and behave appropriately on their way to the pool, at the pool and on their return from the pool.
- Actively engage in the swimming lessons and listen carefully to the swimming instructors.
- Change and dress themselves at the pool.
- Be mindful of their own privacy and respect the privacy of others. Comply with school and swimming pool rules.
- Take responsibility for personal hygiene and safety at the pool.
- Take responsibility for their own belongings.
- Expectations will be adjusted in the case of pupils with additional needs. Swimming instructors will be notified of any pupils with additional needs, who may require support.

School Staff:

- The class teacher will:
 - Teach appropriate classroom lessons to prepare the children for the swimming lessons in the pool, e.g. Water safety, hygiene, privacy.
 - Always bring the Classroom Emergency Medical box (green) to and from the pool.
 - Remind the children about road safety so that the journey to and from the pool may be used as an exercise to support learning in relation to road safety.
 - Supervise the children on their way to and from the swimming pool.
 - Coordinate with other adults to ensure that someone from the school remains on the pool deck during the lessons and someone is available to assist any child who may need to leave the pool deck for any reason.
 - Supervise the children in the changing area.
 - Report incidents of serious misbehaviour to the school principal.
 - Ensure that sufficient time is given to the children to shower/rinse off after the swimming lesson, dress and towel-dry their hair
- The SNA (if applicable) will:
 - Children with additional needs and who have been granted access to an Special Needs Assistant (SNA) will be assisted by the SNA.

Parents:

- Understand that swimming lessons are part of the Primary Curriculum and, therefore, all children are expected to participate fully. Children will only be exempt for medical reasons. In such instances parents are advised to inform the school principal in writing.
- Support the work of the teacher by encouraging their child to participate fully in the learning activities relating to the aquatics strand in the classroom and in the swimming pool.
- Avoid entering the changing area and the pool deck.
- Teach their child the necessary personal care skills needed for attending swimming lessons, e.g. drying their bodies, dressing themselves, repacking their bag, etc.
- Pay the cost for the swimming lessons.
- Assist their children in organising the necessary swimming gear, e.g. swim wear, goggles, towel, etc.
- Trust the school staff to supervise the children in the changing area.

Monitoring and Evaluation:

- This policy review was reviewed and ratified by the Board of Management at its meeting on 18th March 2026.

Scheduled for review: March 2029

Signed Liam de Búrca

Date 18/03/2026

Chairperson