

Key Revisions to the Oxfordshire Safe Practice in School Swimming Policy 2018

The revised policy will include new additions and guidance from The Association for Physical Education, Swim England, Royal Life Saving Society and Oxfordshire County Council. The following is intended to be a guide on the key changes/revisions.

1. School Staff Accompanying Pupils to their School Swimming and Water Safety Lesson:

The previous Policy stated:

It is recommended that for all school swimming lessons at least 2 members of school appointed staff (who know the children) accompany the class to the swimming pool. There should always be someone on poolside who knows the specific medical or special needs of the pupils. School staff accompanying pupils swimming should be suitably qualified, confident and competent. The recommended qualification to ensure competence is ASA Module 1.

It then went on to state:

*In order to ensure that school staff understand their role and are confident and competent, all staff accompanying their children to school swimming **MUST** have undertaken the Amateur Swimming Association (ASA) Module 1 by September 2015.*

The revised policy makes the above requirement clearer:

*In order to ensure that School Staff understand their role and are confident and competent, at least two Accompanying School Staff **MUST** have undertaken a minimum of Swim England Support Teacher of School Swimming and Water Safety (formerly ASA Fundamentals of School Swimming) prior to taking their pupils to School Swimming lessons.*

Teaching Qualifications Required for School Staff

Minimum requirements	Details	Additional information; timings etc
A minimum requirement for all staff accompanying their pupils School Swimming at a <u>Leisure Provider Pool</u>	Swim England Support Teacher of School Swimming and Water Safety (Formerly ASA NCTP Fundamentals of School Swimming) Please refer to page 31 for Lifeguarding Qualifications required	6 hour course including peer practical and theory (alongside, as a minimum another Swim England Support Teacher of Curriculum Swimming and Water Safety trained member of staff)
The holder of Swim England Support Teacher of School Swimming and Water Safety may work under the guidance of a Specialist Swimming Teacher (see ratios on pages 30) to actively support and assist		
A minimum requirement for staff teaching swimming at their <u>own shallow tank pool</u> without a Level 2 or equivalent	Swim England Support Teacher of School Swimming and Water Safety (Formerly ASA NCTP Fundamentals of School Swimming)	6 hour course including peer practical and theory (alongside, as a minimum another Swim England Support Teacher of Curriculum Swimming and Water Safety trained member of staff)

	Please refer to page 31 for Lifeguarding Qualifications required	
Highly recommended for staff teaching swimming at their <u>own shallow tank pool</u> without a Level 2 or equivalent	Swim England Teacher of School Swimming and Water Safety (Formerly ASA NCTP Aquatic Skills of School Swimming) Please refer to page 31 for Lifeguarding Qualifications required	9 hour course including theory and practical using pupils (alongside, as a minimum another Swim England Support Teacher of Curriculum Swimming and Water Safety trained member of staff)
<p>The holder of Swim England Teacher of School Swimming and Water Safety will be qualified to plan & evaluate session plans in line with NC and teach independently within a school swim programme alongside at least one other at a <u>shallow tank pool, 1.2m or below</u>. However, at Leisure Provider Pools, they will need to work on poolside with a qualified Level 2 Swimming Teacher.</p>		
<p align="center">Swim England recommend completion of both courses. (Please note: this is a combined 1 day course for Secondary PE teachers)</p>		

2. An additional form in Appendix P to ensure the sharing of key information with Leisure Provider staff:

This will include information such as medical/additional needs, staff qualifications etc. This should be a useful document for schools to share important information requested by our leisure provider staff.

It is a requirement that all relevant medical conditions are documented on each school's swimming register and Risk Assessment; and that each Specialist Aquatics Teacher and Accompanying School Staff must be in possession of all medical information one week prior to that child swimming (Swimming class registers including information on pupils with medical conditions and/additional needs - information for leisure providers proforma will be found in the Appendices).

3. New Secondary Training Module for Secondary School PE Staff:

<p>SECONDARY MODEL Support Teacher and Teacher of School Swimming (Combined course - 15 hours: pre-course reading and 1 day course)</p>
<p>Core Module 1</p> <ul style="list-style-type: none"> ● Help support a healthy and safe environment in and around the swimming pool ● Describe the roles and responsibilities of a range of personnel involved in the swimming lesson programme ● Identify good practice with regard to safeguarding and protecting young people ● Help organise and support an effective learning environment <p>Core Module 2</p> <ul style="list-style-type: none"> ● Describe what is meant by the term physical literacy ● Outline the principles of movement in the water ● Outline the essential components of the 4 swimming strokes ● Describe a range of essential aquatic skills

Core Module 3

- Identify the key considerations when developing an aquatic session plan
- Create session plans for the delivery of swimming lessons
- Describe the keys aspects of communication in relation to delivery - feedback, questioning and skill development
- Review the effectiveness of your planning and delivery to improve participant progression and your development as a teacher

Core Module 4 (Secondary Specific)

- Summarise the key considerations with regard to specific Key Stage 3 and 4 skills in the water
- Identify the stroke expectations in terms of standards of Key Stages 3 and 4 for each of the four strokes
- Summarise the key aspects of Mini Polo, Synchro and Personal Survival and be able to implement these into the overall development of your swimmers

4. Course Names and Equivalents:

Since its release, the National Curriculum Training Programme has undergone progressive change in both content and name. The table below may be helpful to school staff to check existing qualifications:

Reviewed in 2008	2014	2018
1. ASA Module 1 NCTP	ASA Fundamentals of School Swimming	Swim England Support Teacher of School swimming and Water Safety
2. ASA Module 2 NCTP	ASA Aquatic Skills of School Swimming	Swim England Teacher of School swimming and Water Safety

It is Important to note that the courses will not be renamed by Swim England until September 2018 but we were authorised to include this new information.

5. Swim England Teacher Pupil Ratios:

In addition to baseline recommended ratios, the table below also shows pupil:swimming teacher ratios for 'Quality Delivery' (The following applies to Level 2 Swim England (or equivalent) Swimming Teachers:

Ability/age/ activity	Baseline Learner /Teacher Ratios	Quality Delivery
Non Swimmers and beginners - young children , normally primary school age, being introduced to swimming who are unable to swim 10 metres unaided on back or front.	12:1	8:1

Children under the age of seven - Irrespective of their swimming ability, group size should be restricted.	12:1	8:1
Improving swimmers - Swimmers of a similar ability to each other who can swim at least 10 metres competently and unaided on their back and on their front . It is recommended that the lesson be confined to an area in which the children are not out of their depth .	20:1	12:1
Mixed ability groups - Pupils with a range of abilities (from improving to competent) where the least able and least confident are working well within their depth . Swimmers techniques, stamina and deep water experience should be considered. They should not include beginners .	20:1	12:1
Competent swimmers - Those swimmers who can swim at least 25 metres competently and unaided on front and back, and can tread water for two minutes .	20:1	15:1
Swimmers with disabilities - Each situation must be considered individually , as people with disabilities are not a homogenous group. Care must be taken to ensure that there are sufficient helpers in the water to provide 1:1 ratio for those needing constant support , and a sufficient number of other helpers to provide the degree of support required by the range of disabilities within the group.	8:1 with 1:1 support in the water where required	6:1 with 1:1 support in the water where required

While a minimum number of staff may satisfy ratio requirements, schools need to consider whether the safety of the session and quality of teaching would be enhanced by assigning additional staff to teach smaller groups or carry out monitoring roles such as head-counts or watching for signs of student fatigue (AFPE 2016).

PLEASE PAY PARTICULAR ATTENTION TO THE BOLD TYPE SECTIONS WHEN WRITING YOUR RISK ASSESSMENTS AND JOINTLY PLANNING WITH YOUR LEISURE PROVIDERS.

6. Teaching Self-Rescue and Water Safety:

The below is still in finalisation with the DfE, Swim England but we expect to include the following for Teaching Self-Rescue and Water Safety:

Self-Rescue and Water Safety skills are an important element of School Swimming. Pupils need to understand the effects and dangers of cold water. They should be taught to recognise a range of scenarios and respond safely and appropriately.

Pupils should be given opportunities to wear clothing in water as part of an understanding of a potential situation. They need to be taught how to regulate their breathing in cold water and efficient forms of flotation. They should be taught the Water Safety Code (age appropriate). Until further guidance is provided by the DfE, key skills that children should learn are:

- Entry with full submersion and resurface (fall-in or step-in entry)
- Float
- Swim 12.5m out, then turn and swim 12.5m back
- Tread water
- Climb out unassisted (without use of the steps where the freeboard is sufficiently small)

Swimming teachers and school staff need to be particularly aware of swimmers tiring when swimming in clothing due to the resistance the clothes present in the water.

Teaching Life-saving: *When teaching life-saving, children below 8 years of age should only be taught rescues from the poolside (e.g. shout & signal, throwing, reaching with a pole or similar items). In-water contact rescues should not be taught to children under 13 years of age apart from when they are taught within a comprehensive Life-saving Award programme where sufficient additional safety knowledge is learned. Pupils must also be competent, confident and proficient swimmers.*

(Safe Practice in Physical Education School Sport and Physical Activity 2016 Edition 4.1.68)

Advice on teaching packs and awards for life-saving at the appropriate key stages in primary and secondary education is available from the RLSS UK (such as Rookie Lifeguard), STA, and Swim England.

7. Reporting Accidents and Incidents:

Accidents/Incidents should be reported to the OCC Health and Safety Team and, if warranted, it may require reporting to the HSE under the Reporting of Injuries Diseases and Dangerous Occurrences Regulations 2013 (RIDDOR).

8. Pool Management:

Please see the below revisions:

Headteachers of schools with pools on their site must attend the course entitled **Swimming Pool Awareness for Headteachers (Institute for the Management of Sport and Physical Activity IMSPA)** - this requires refreshing every 3 years.

It is strongly advised that there are 2 persons qualified to run the pool so there is backup in an emergency and absence.

Pool plant operators: Pool plant operators must attend the Small Pool Operators Certificate (formally Pool Carers Training) with refresher training required on a three year basis (PALM Academy Small Pool Operators Certificate, or equivalent); a two day course covering what the plant operator needs to know to keep the pool water reasonably free from the risk of infection spreading, to keep the water clear so that pool users can be seen under the water and to operate a simple school pool plant safely and effectively.

This qualification has a three year life and can be re-validated by a one day refresher and updating course.

9. Safeguarding Revisions:

The school should assure themselves that the Leisure Provider has followed **Safer Recruitment Process**.