

## SWIMMING ATTIRE

Pupils should wear appropriate costumes for swimming that conform to safety and teaching requirements. It is important that swimming clothing is tight fitting to minimise the effect of drag in the water and to enable teachers to see the movements that limbs and joints are making in the water to ensure appropriate learning takes place. There are additional safety factors in relation to inappropriate and baggy swimwear to take into consideration which include:

- Increased drag within the water making it increasingly difficult for young people to swim
- Young people in baggy swimwear have increased buoyancy and therefore greater difficulty in swimming
- Floatation devices and woggles can get caught within baggy swimwear posing significant risk to other young people learning to swim
- Other pupils can get caught within baggy swimwear and are at a greater risk of getting into difficulty in the water as a result

Therefore appropriate clothing must be worn by ALL pupils during swim lessons:

- No baggy shorts are allowed to be worn
- Bikinis and loose clothing are not permitted
- Those children with long hair must wear swimming hats (long hair is at the discretion of the swim teacher who deems the child's safety to be at risk ie hair in eyes so child is unable to see and follow instruction safely)

**\* PUPILS NOT WEARING THE APPROPRIATE CLOTHING WILL NOT BE ALLOWED TO TAKE PART IN THE LESSON AND WILL REMAIN ON POOLSIDE \***

Children who swim frequently, or whose eyes are susceptible to irritation, may request to use goggles for swimming. Parents should be informed of their responsibility to teach their child to put on and take off goggles in the correct and safe fashion.

