



Dhoon Primary School



Swimming

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**FOR FURTHER INFORMATION,
PLEASE SEE THE IOM POLICY
AND GUIDELINES FOR
PRIMARY SCHOOL SWIMMING
ONLINE**

Celebrating attainment

The DESC swim teachers assess the stroke elements of all awards and monitor all awards to ensure similar standards are achieved and maintained at each swimming pool. Children qualifying for awards receive a certificate at Dhoon School's celebration assemblies.

Who organises and delivers the swimming lessons?

The organisation and delivery of primary school swimming lessons on the Isle of Man is the responsibility of the Isle of Man Government's Department of Education, Sport & Culture (DESC) and is managed by Manx Sport & Recreation (MSR). Our Dhoon School staff support the delivery of these lessons by accompanying the students to and from the swimming pool; ensuring adequate supervision of children whilst at the pool; assessing risk and aiding the swimming teacher with the delivery of the lessons. Our staff also retain the duty of care for our students.

The DESC swim teachers are suitably qualified (ASA Level 2 Training) and ensure the safe conduct of classes whilst in the water and on the poolside. They plan and deliver the lessons in line with the National Curriculum and the IOM Primary School Swimming programme.

Poolside helpers are sometimes required, depending on class sizes. They will be directed by the swim teacher.

Lifeguard provision

Whenever there are students in the water, the pool provides RLSS qualified adults to supervise. They can affect a rescue from the water and carry out cardiopulmonary resuscitation (CPR) and other emergency procedures.

Health

If a child is not well enough to swim, parents need to advise teachers of the reasons with a note. Alternative provision will be arranged.

A kit will be provided for the child's use by the Northern Swimming Pool if they are forgotten.

Verrucas

Learning swimming and verrucas can go hand in hand with children and adults alike. These warts on the feet have long been seen as a nuisance.

The use of a waterproof plaster is sufficient to cover the verruca during lessons as long as the verruca has been treated.

Swimwear

All swimmers require a swimming costume and towel. Boys must wear fitted trunks, not shorts and girls must wear a one piece. This is to minimise the effect of drag in the water and to enable teachers to see the movements that limbs and joints are making. All children with longer hair are required to wear swimming caps (school swimming caps are available for purchase from the office). Goggles are encouraged for those who have a sensitivity to the water. Students must be able to adjust and remove these independently.

Earrings and jewellery are not allowed in the pool area. Newly pierced earrings must be covered by a neoprene band.

The certificates

Grade 1 - Entering pool, wetting face, blowing bubbles, floating, kicking legs and exiting pool (all with buoyancy aids)

Grade 2 - Submerging face, blowing bubbles with mouth underwater, completing two floating styles, kicking on front or back and moving 5m (all with buoyancy aids)

First Certificate (Red) - Face in water and blowing bubbles (no aids), front gliding with face in water, swimming over 8 metres on front or back

Second Certificate (Blue) - Make an unassisted safe entry, open eyes to pick up items on the bottom of the pool by hand, mushroom floating, front and back glide, swim 16m without pausing using correct front and back strokes

Third Certificate (Orange) - Perform push and glide down to pool floor with both hands, tread water for 30 seconds, swim through a submerged hoop, swim without pause for 30m with improved and effective technique

Fourth Certificate (Green) - Scull head and feet first, demonstrate reaching and throwing rescues, swim 25m without pause with good technique (range of strokes), perform two styles of pencil jumps into deeper water

Fifth Certificate (Yellow) - Perform a straddle jump, tread water for 1 minute, surface dive and pick up an object in deeper water, perform a surface dive and swim 5m underwater, swim 50m without pause with good technique

Dolphin Certificate (Purple) - Perform sitting and crouch dive, perform feet first and peaked surface dive, tread water for 2 minutes with hand behind back, swim 200 m with good technique throughout the swim, swim 75m using 3 strokes and demonstrating correct turning and finishing techniques

Bronze, Silver, Gold Challenges - increased challenge in sculls, treading water, diving and underwater skills. Bronze swim 400m, Silver 800m and Gold 800m in under 25 minutes. In Year 6, pupils working in the challenge phase are invited to work through Personal Survival Awards.

