A Parent's Guide to Swim:ED

Your questions answered



The Swim:ED programme is an innovative programme that allows your child to be more confident, competent and safe in the water, all on the school playground.

We recognise that this new approach to swimming education comes with many questions and sometimes concerns. That's why we've compiled a list of frequently asked questions for parents to provide a clear overview and address any initial questions you may have.

So, if you're ready to learn more about how we bring swimming lessons to your school's playground, let's dive into the details.

What is Swim:ED?

Swim:ED is a primary school swimming programme delivered on the playground. The Swim:ED team provides a pop-up pool and qualified teachers who create a safe and enriching environment for children to become confident, competent and safe in the water. Learn more about Swim:ED via our website, **www.swim-ed.co.uk.**

What is a pop-up swimming pool?

A pop-up pool is a temporary pool structure (10 metres by 5 metres with a depth of 1.2 metres) that can be located on a school site for a short period to provide a high-quality, safe swimming programme for small groups. The pool is enclosed in a safe and secure temporary modular structure, and like any other public swimming pool, the pools meet industry standard safety requirements (HSG179). You can see an example of what a pop-up pool looks like on a school site in the image opposite.



What does my child need for their swimming lessons?

All children must bring a towel with them to dry themselves after their lesson. Girls must wear a one-piece swimming costume for lessons, and boys must wear swimming trunks or shorts (above the knee). Children are allowed to wear rash vests and/or leggings for modesty if they wish. Goggles must be worn, long hair must be tied back, and a swimming hat must be worn. Jewellery (except for an SOS talisman) is not permitted during lessons.

Who teaches the swimming lessons?

All lessons in the Swim:ED programme are delivered by certified swim teachers and supported by qualified lifeguards.

How many children take part in each lesson?

Each lesson caters for ten children. The Swim:ED team works with your school to ensure children are in appropriate ability groups.

Does my child need to be a confident swimmer to take part?

No, swimming should be a right, not a privilege, which is why the Swim:ED team aims to allow every child to participate and become more confident, competent and safe in the water.

How long will a swimming lesson last?

The Swim:ED team will work with your school to ensure every child participates in lessons that last 30 - 45 minutes.

How long will the Swim:ED programme run for?

Children swim for at least three weeks with the Swim:ED programme. Additional booster weeks, pre-teach, enrichment, and water safety-focused sessions could be offered at the school's discretion.



Where will my child get changed?

All children will change in a designated changing space which will be supervised by school staff.

Will it be warm enough?

The pop-up swimming pool is in a temporary modular structure, and the water is heated to a constant temperature (operating temperature is between 27-32 degrees Celsius). We ask children to have a towel and/or robe and suitable footwear poolside when they exit the pool and are taken back to the changing area by school staff.

How big is the pop-up swimming pool?

The pool is approximately 10 metres by 5 metres, with a depth of 1.2 metres.

How do children get to the swimming pool?

The pop-up pool is usually located on the school playground, meaning children walk a very short distance between the changing area and the pool. Children need to wear appropriate footwear and bring a robe and/ or towel. Further details are provided in the parent/ carer letter which will be shared with you by your school before provision starts.

What are the national curriculum expectations for swimming?

All primary schools must provide swimming instruction either in Key Stage 1 or Key Stage 2. As part of the primary school national curriculum, every child should leave primary school able to:

- demonstrate safe self-rescue and evidence of this in different water-based situations.
- swim confidently, competently and proficiently over a distance of at least 25m.
- perform a range of strokes confidently and competently.

Why is swimming important?

Shocking statistics demonstrate that 1 in 3 children are leaving primary school each year unable to swim 25m, and over half of year 6 pupils can't demonstrate a safe self-rescue. These figures are set to increase without intervention.

How can I help my child prepare for their swimming lessons?

Firstly, it helps to talk to your child positively about swimming and the importance of learning to swim. Next, please ensure they can dress, undress, and dry independently, including getting into and out of their swimwear.

It's not essential, but it could help boost your child's confidence by visiting your local pool before lessons start. Use the pool finder tool on the Swim England website www.swimming.org/poolfinder. Provide further support by practising blowing bubbles, splashing water over and submerging their face.

Finally, you can help your child prepare for their school swimming lessons with some great resources from Swim England and the Royal Life Saving Society.

Swim England swimming.org/learntoswim

ROYAL LIFE SAVING SOCIETY UK rlss.org.uk/pages/category/parentsresources