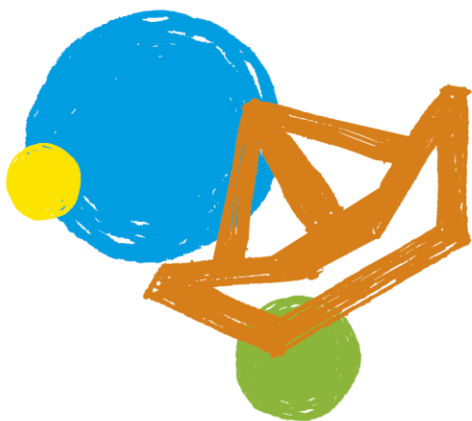




# Swimming policy

2024-2025



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**OPTIMIST  
INTERNATIONAL  
SCHOOL**





## YOUR CHILD WILL HAVE SWIMMING LESSONS THIS YEAR!

Dear Parents and Guardians,

We are excited to be able to offer swimming lessons for all children in groups 3, 3-4 and 5 again for this coming academic school year. These lessons are paid from school fees and are compulsory for all students within these age groups.

Swimming lessons are held at Sport complex Koning Willem-Alexander (SKWA). Students travel from school to the swimming pool by private bus under the supervision of two members of staff and at least two parent volunteers.

### Swimming days will be as follows:

Mondays: Group 3A and 3B

Tuesdays: Groups 4A, 4B

The first swimming days will be **Monday 11 September (Groups 3) and Tuesday 12 September (Groups 4, 4-5). to be updated!**



Please read the 'Swimming rules' and at the end, complete the 'Swimming Level Questionnaire'.

## SWIMMING RULES

Swimming lessons are held weekly on either Monday or Tuesday at SKWA at 2.15pm-3pm according to the timings mentioned above. Your children will go from school at 1.45pm to the swimming complex and will return to school at 3.30pm. Collection at the end of the day is **from OIS and not from SKWA.**

Class teachers and parent volunteers will supervise children on the bus, upon arrival at the pool, get changed and SKWA staff supervise during the lesson. Swimming is compulsory. If a student is not able to participate due to a specific illness/condition where swimming is not advised, communicate this with the teacher in advance. For this occasion, the child should be collected from school at 13.30.

There are opportunities, approximately three times per year, for children to try out for their A, B or C Diploma (*It takes on average over 40+ hours of swimming to achieve the Diploma A*). The SKWA staff will decide upon this, school does not have any influence over this decision. For children who have achieved all diplomas, there will be an opportunity to learn rescue or techniques to improve swimming. Progression reports are twice a year, this is to increase your awareness of your child's progress.

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- ✓ Parent/guardian viewing days are announced in advance, during this time you can see your child swim, photos are not permitted to be taken. Children like the opportunity to show you how much they have learned! On viewing days parents should make their own way to the SKWA, there is no space available on the bus.
  - ✓ No jewellery on swimming days. Our organisations of OIS and SKWA are not responsible for any valuables during swimming.
  - ✓ Undressing, getting dry and re-dressing are time consuming when you have a large group of children, **please practice this at home and encourage independence.**
  - ✓ On swimming days, we recommend comfortable, loose-fitting easy to put on and take off clothing. We continue to promote “onesies” or similar for after-swimming attire.
  - ✓ Children with long hair, should be tied up in a ponytail or use a swimming cap.
  - ✓ Clearly label clothes to go to the swimming pool, use a bag which is clearly labelled with the students’ name, more than 50% of our lost property in school originates from swimming. Children do not always recognize their own things when we find them things in the changing room.

### Swimming clothes

Please ensure the following items for swimming: all labelled with the student's name

Swimming bag (waterproof)

Towel

Swimming costume

Hair tie for children with longer hair

*Swimming goggles are not recommended as children should get used to getting water in their eyes. Do speak to the teacher if there is a medical reason for which the wearing of goggles is recommended.*

### Volunteers needed:

Class teachers need regular parent volunteers to support the coordination of swimming days. This includes using the bus, support and encouragement in the changing rooms and ensuring all property is removed from the changing room, going home with the correct student and safe return to school. Without volunteers, we will not be able to offer this additional activity to our students.

If you can assist, please contact your class teacher, or sign up at reception.  
We trust you understand and appreciate your support.

### OIS Swimming Coordinator is Kristal

Mondays - Groups 3 = Kristal: Rotational Teacher support: Andrea, Helen, Kristal

Tuesdays - Groups 4 = Kristal: Rotational Teacher support: Katie, Inge, Kristal

Kristal is responsible for the rotational schedule and will communicate this with the MPTL concerned.

## SWIMMING LEVEL QUESTIONNAIRE

Please complete this questionnaire by using the QR code below or click:

<https://forms.office.com/e/V2RF5L3qcf>

