**School Swimming Service**

The School Swimming Service aims to provide a meaningful, active and safe swimming experience for children, which reinforces the aims of the school in relation to PE and the personal and social development of children and their health and wellbeing.

We aim to support the development children and young people through challenge, teamwork, personal attainment and social interaction using engaging activities.

Meeting the requirements of the National Curriculum learning outcomes by using a framework based on sound principles of teaching all of the foundation core skills and fundamentals that underpin the sport of swimming using the Swim Charter and creating pathways in aquatic disciplines for long-term athlete development.

  

**School Swimming Service**

**Summary of our services**

* Risk Assessment support
* Comprehensive physical activity programme
* High quality tuition and transport
* On call guidance and technical advice
* Constant monitoring of activities and digital reporting
* Free entry into annual gala events
* Free certificates and badges
* Accredited learning
* Robust Health and Safety compliance
* CPD events and training
* Additional aquatic activities
* Inset day training

### School Swimming and Water Safety Charter

Nottingham City Council, as an organisation, has signed up to Swim England’s School Swimming and Water Safety Swim Charter. We ask all our schools to become Members of the Charter, which provides the following:

* A partnership between primary schools, lesson providers and Swim England, recognising schools for taking swimming and water safety seriously
* A structured teaching programme that meets government criteria
* A pathway of progressive awards for pupils to follow and mark their achievements
* A digital reporting system (Swimphony).



Schools must deliver lessons at either Key Stage 1 or 2

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| **There are minimum standards for swimming and water safety, which are:****Perform a safe self-rescue in different water-based situations.****Use a range of strokes effectively over 10 metres**1. **Swim competently, confidently, and proficiently over a distance of at least 25 metres.**
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| What does this mean? |
| **Perform a safe self-rescue in different water-based situations*** Knowledge and understanding of key water safety messages
* Know how and when to use appropriate survival and self-rescue skills
* Knowing what to do if others get into trouble.

***(see below outcomes)*** | **Use a range of strokes effectively**Pupils make choices about the strokes they use to achieve different outcomesAdapt the strokes for a range of purposes and intended outcomes | **Swim competently, confidently, and proficiently over a distance of at least 25 metres**Continuous swim of more than 25 metresStrokes are as strong at the end of the swim as at the startStrokes recognisable an informed onlooker  |

### Perform a safe self-rescue in different water-based situations. **Safe Self Rescue objectives are:**

1. Fall-in entry and recover to surface\*.

2. Float on the back with minimal movement for 60 seconds without floatation equipment\*.

3. Rotate from floating on the back to a vertical position\*.

4. Tread water for 30 seconds\*.

5. Retaining the floating object take up the Heat Escape Lessening Position/Posture for 30 seconds

6. Form a huddle position as a group for 30 seconds\*

7. Swim (without floatation equipment) 15m to a floating object, using a recognised personal survival stroke (head up long arm front paddle or lifesaving backstroke)

8. Whilst treading water, Signal for help once, by extending one arm above the head and simultaneously shouting for help then returning the arm to the water to continue to tread water\*

9. Discuss as a group when these skills might be used to self-rescue in different water based situations.

Make a splash on a hassle-free one stop shop to book for Pool Hire, Instruction and Transport for the following locations:

Clifton Leisure Centre, Djanogly Leisure Centre, Harvey Hadden Sports Village

Ken Martin Leisure Centre, Southglade Leisure Centre, Victoria Leisure Centre.

Portland Centre in association with Notts County in the Community, and Active Sport Group.

Support is available by contacting: school.swimming@nottinghamcity.gov.uk

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