

## **Swim Scheme What to Bring Checklist**

Dear Parents,

Below are a few tips that will ensure your child has a successful and well-organised swimming school.

1. Find a strong carry bag or beach bag to bring to the pool each day.
2. Have a clean dry towel in the bag every day.
3. Pack swimming costumes every day.
4. **Do not** wear swimming costumes under school clothing.
5. Children will not need to bring sunscreen, as most lessons will be at the indoor pool.
6. No money is needed, as students will not be using the canteen.
7. Children will not use the showers at the pool, as there is not enough time. (There may be a few exceptions to this rule for medical purposes.)
8. If your child requires goggles please provide a good quality product that has been adjusted and fitted for individual use. Not all children require goggles but they are available for sale at the pool.
9. No kick boards or swim aids are needed as these are supplied by the Department of Education.
10. Students with long hair should have it tied back every day. A comb or hairbrush may be packed in the bag.
11. Even if the day is warm, please pack a school jumper as children can become cold after being in the water.
12. Make sure your child can manage their own shoes and socks.
13. Please make sure that everything is clearly labelled. Many swimming towels look the same and it is often difficult for younger students to identify their own gear.
14. No hats will be taken to the pool, as we will not be sitting out in the sun for long periods.
15. Well-fitted swim shirts may be worn but it is not advisable to wear a T-shirt over swimming costumes for lessons.
16. Children must attend the required number of days to receive their certificate. If for some reason your child cannot go in the water, they can still attend for the daily safety talk.

Please speak with your class teacher if you have any questions about the swimming school.