

## BUCKS SCHOOL SWIMMING NEWSLETTER

### SPRING & SUMMER TERM 2020

Welcome to the Spring & Summer Edition of the Bucks School Swimming Newsletter. With Schools and Swimming pools currently closed, it may seem strange that we are sending out our amended Spring Newsletter (which almost made it out to you before lockdown began) at this time. We wanted to let you know what we have been up to here at AVTP. Firstly, we are keeping abreast of Swim England's action plan:

(<https://www.swimming.org/swimengland/action-plan-podcast/>) including initial guidance to the Government on how to re-open more than 4,000 of the country's swimming pools. It will be based on the latest scientific guidance on the measures needed to ensure the safe use of facilities following the coronavirus lockdown.

*"The science and understanding of Covid-19 in the swimming pool environment is evolving every day and we are continuing to monitor and support research in this area in cooperation with international partners.*

*"We will be developing our guidance in line with scientific research and alongside the information from the Government on the national exit of lockdown," Swim England 29 April 2020.*

**Swim England will be announcing its guidance on the 15th June for preparation of the safe re-opening of pools and swim schools. They are currently in discussions with DfE regarding School Swimming and we await further guidance on this.**

We are making good progress during lockdown on reviewing the 2020 Bucks Safe Practice in School Swimming Policy and Guidance and hope this will be with you in the Autumn Term. Any changes are due to national guidance or feedback from the Bucks Swim Focus Group and key partners including schools. We will update you with any key changes in the Autumn Term.



### WE ARE REBRANDING AVTP TO THE BUCKS SCHOOL SWIMMING PARTNERSHIP (BSSP)

Following consultation with the Bucks Swim Focus Group and a number of Headteachers earlier this year, we are in the process of renaming our service to the **Bucks School Swimming Partnership**. We feel this is more representative of the partnership work that goes on in Buckinghamshire to support School Swimming.

**We will be working over the next few weeks on the rebranding of the new website and you will soon see this on correspondence sent out to schools.**

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## TOP UP SWIMMING - NEIL BAILEY SWIMMING AND WYCOMBE ABBEY SCHOOL



In December 2019, 86 pupils from 7 schools took part in a week long Top Up Swimming Programme free of charge courtesy of Neil Bailey Swim School and Wycombe Abbey School.

The aim for the programme was to enable pupils to fulfil the minimum National Curriculum requirements:

- Swim competently, confidently and proficiently over a distance of **at least** 25 metres,
- Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke,
- Perform safe self-rescue in different water based situations.

Schools were advised that this was certainly likely to apply to any pupils unable to swim more than 10M; e.g. those most at need. This opportunity was open to Year 5 and 6 pupils. The programme was a resounding success, with data on attainment against the Bucks Swim Star 6 Criteria shown below:

### OVERALL FIGURES OF ATTAINMENT AGAINST SWIM STAR 6 CRITERIA

TOTAL NUMBER OF PUPILS MEETING CRITERIA							
Straddle Entry	15M Breast Stroke	25M swim	50M swim	25M, pick up object	Scull over 10M Head (H) and Feet First (F); both (B)	Tread Water for 1 min	HELP position
35	33	49	28	36		38	42

## ANECDOTAL FEEDBACK FROM BOTH PUPILS AND STAFF ALSO SHOWS WHAT A SUCCESS THE WEEK HAD PROVED TO BE:

### What can you now do that you couldn't before the programme?

- I have finally managed to swim two lengths and I can collect a sinker from the bottom of the pool
- I was feeling really nervous but feel quite confident - I've learnt how to float
- I didn't know how to do feet first sculling and now can
- I learnt how to do the rocket (push and glide)
- I could just about swim 25m, I can now swim 75m
- I can now scull - I didn't know what it was...
- I could only just do a length; I could easily do two or more now
- Swim 50m
- I can do front crawl better

- I can do front crawl
- I can do breast stroke
- I am happier at putting my head back in the water
- I didn't want to get into the water but I feel ok now and can even swim on my own now
- I've got better at backstroke
- I can now do the straddle

#### **If you fell into a lake what would you do?**

- I would do a straddle; float and try to get back; I can tread water
- A star float
- I would call for help and scull; i would do HELP
- I'd go on my back
- Call for help
- Lie in a star float

#### **What were your swimming teachers like?**

- If you don't know how to do something they encourage you to do really well
- It's been really fun, the teachers are really nice and they help you

#### **What would you say about this week?**

- It is really fun and you will get better at your swimming and was way better than my swimming lessons
- My mum is going to sign me up for swimming lessons!
- It may be hard at first - keep calm and carry on!
- Thank you so much for letting us do this - it has been amazing and we have learnt so much

#### **What was the best thing about this week?**

- Straddle entry
- Being in the water
- Nice staff
- Everything!
- It's fun and I love it!

#### **Comments from Accompanying School Staff include:**

- The pupils' confidence has grown enormously; it's been an amazing opportunity for the school
- Please pass on my thanks to all concerned for the provision of the Top-Up Swimming sessions held for our pupils at Wycombe Abbey School before Christmas. The children really enjoyed it and made some excellent progress with their swimming.
- We would be keen to participate again if any similar Top-Up sessions are offered in the future - please keep our school in mind if there are any future opportunities!
- This week has made some life-changing events for our children...

#### **Additional comments by pupils about their Top Up Experience**

- Well, when I came at first, I wanted it to end but now I don't want it to end. It's been the BEST time ever and now I can swim!
- I really liked the swimming and I learnt how to swim better and I know how to swim other ways and how to stay afloat on the water. Thank you for teaching me!
- Thank you - it was cool and fun!
- The swimming has really helped because the instructors explain it well, thank you!
- Thank you for being amazing teachers and refreshing my brain. I love swimming and this has fully re-boosted my confidence in swimming.
- This has been an amazing time Neil and your team - I don't want it to stop.
- Thank you for helping me to swim because it really boosted me. Before I couldn't even do backstroke confidently.
- You have taught me so much, Thank you. My experience has been incredible. I am so grateful. I have really enjoyed it.
- Thank you for teaching me. I have learnt a lot of different styles and techniques. It has been really fun!
- Thank you Neil and your team for helping us every step of the way!

**Thank you so much to Neil Bailey Swimming and Wycombe Abbey School for an excellent provision.**

The following schools were involved in the programme: High Wycombe CE; Cadmore End CE; Highworth Combined; Tylers Green Middle; Bledlow Ridge; Wooburn Green Primary and West Wycombe Combined.

**Many leisure providers are able to offer Top Up style programmes - please do contact yours to see what they can offer your pupils to ensure that all your pupils are confident and competent and safe in and around water.**



## YEAR 6 COHORT

Where and when possible, we urge schools to consider both their current and previous Year 6 cohort. Schools may wish to alert secondary schools where pupils have been unable to access Top Up Swimming Programmes in the Spring and Summer term, particularly where this has left them unable to meet the minimum NC requirements for School Swimming. With many traditional school sports off the cards right now e.g. contact sports such as rugby, secondary schools may be able to put in place programmes to ensure pupils learn these vital lifesaving skills. Equally, where you have Year 6 pupils who have not yet met these requirements, please consider booking sessions as soon as pools are open and able to deliver School Swimming safely in order that these pupils do not leave primary school unable to swim.

**We are delighted to announce that Neil Bailey Swimming is able to offer Top Up in the next academic year (facility dependent). If you would like your pupils to be considered for this excellent programme, please email [swimming@ahs.bucks.sch.uk](mailto:swimming@ahs.bucks.sch.uk) to advise us of your interest by Friday 10th July.**



## INCLUSION 2020 - SWIM ENGLAND

You may already have heard of the Inclusion 2020 initiative, whose aim is to increase and improve the quality and opportunities for young people with SEND to participate in school sport, including school swimming.

Swim England have produced a range of tools and resources that will help schools, lesson providers and pool operators make sure their school swimming and water safety programmes are fully inclusive (see [link below](https://www.swimming.org/schools/inclusion-2020/)).  
<https://www.swimming.org/schools/inclusion-2020/>

One example of the resources available is the [School Swimming Assessment Tool](#) designed specifically for pupils with SEND. It is an easy-to-use action-planning document that schools and operators can use to collaborate with one another. The purpose of the tool is to guide discussion between schools, swimming lesson providers and pool operators helping them identify barriers to participation, come up with solutions and then implement those solutions successfully. This applies to Mainstream Schools that will have pupils with SEND as well as Special Schools.

We are delighted that we were also able to work with Swim England on the project to help with the development of the **NEW - SEND Support Teacher of School Swimming Course**. Please contact [swimming@ahs.bucks.sch.uk](mailto:swimming@ahs.bucks.sch.uk) for more information or to enquire about booking one of these courses for your staff.

## RNLI WATER SAFETY AT CHILTERN POOLS, AMERSHAM

During February half term, 43 children took part in a Water Safety session led by the RNLI. During this interactive session, they learnt about:

- The Water Safety Code, particularly in relation to beaches and the sea,
- Beach flags,
- Types of currents,
- Dangers near and in the water.

Feedback from parents has been very positive with children really enjoying the experience. The Centre hope to run further sessions next year.



## WATER SAFETY - HOME SCHOOLING OPPORTUNITIES

Whilst schools are unable to teach pool based Water Safety at this time, several organisations have produced a range of home-schooling tasks. There are lots of opportunities available and, with most of us staying in the UK this summer; we would like to keep everyone safe in and around our many bodies of water. Please see the information below on some of these opportunities.

We have been tweeting a range of activities and resources from the RLNI's Water Safety Wednesdays to Swim England's home school aquatic themed downloadable activities for children: <https://www.swimming.org/swimengland/free-home-school-activities/>.

Look out for any further Water Safety Wednesday Live Events on the RNLI Facebook page (currently taking place every Wednesday at 10.15am).

## DROWNING PREVENTION WEEK – 12 TO 19 JUNE 2020



We may not have all our pupils back in school to take part in Drowning Week Prevention activities but **why not send home activities for home learning**. As part of Drowning Prevention week, the RLSS have a range of activities such as word searches; spot the difference and water safety stories. **All you need to do is register and you will have access to free downloadable resources which you could share with your pupils for on line water safety learning:** <https://www.rlss.org.uk/drowning-prevention-week>

You can also find these Drowning Week Prevention activities available on the AVTP School Swimming Website – <http://www.avtp.co.uk/drowning-prevention-week-12th-19th-june-2020/>.

## GIVE CHILDREN THE SKILLS TO ENJOY OUTDOOR SWIMMING SAFELY

Children love swimming outdoors - but swimming in the sea, rivers and lakes is very different to swimming in a pool.

**Created by Swim England and the RNLI and supported by a range of local partners, Swim Safe teaches children where it's safe to swim, how to float and what to do if they or someone else get in trouble.**



The hour-long sessions are led by trained instructors and held during the summer months at outdoor water locations across the UK, including beaches and inland sites. We hold public sessions and sessions specially designed for school classes too.

Children need to be aged between 7 and 14 and able to swim 25 metres unaided to take part.

To find out more about Swim Safe 2020, register your interest on the Swim England website - <https://swimsafe.org.uk/>.

## RLSS WATER SAFETY TOOLKIT



The RLSS has created a new, certificated, free, fun online Water Safety Toolkit aimed at families.

<https://www.rlss.org.uk/take-the-toolkit>

With lifeguard patrols postponed until further notice and emergency services already stretched to the limit, visiting water sites is currently more dangerous than ever before. Fearful that a lockdown-lift could lead to a sharp increase in drowning fatalities and concerned that once the lockdown lifts, people will quite rightly want to

escape their homes and visit our beautiful waterways or coastlines, they want to make sure that they do so safely. Now is the perfect time to sit down as a family and learn these essential life changing skills.

### WHY NOT TWEET THESE IMPORTANT MESSAGES FOR FAMILIES AS THEY EXERCISE OUTSIDE:



## MYTH BUSTING



### 1. WE DO NOT NEED TO SWIM - IT IS NOT STATUTORY...

**School Swimming and Water Safety is a statutory part of National Curriculum PE**, thus all pupils have an entitlement to receive School Swimming and Water Safety lessons before the end of Key Stage 2. As part of the PE and Sport Premium Funding, schools are requested to include data on pupil attainment for each requirement of NC Swimming by the end of Key Stage 2 on their websites. This is tricky for schools to do without having consistent data rather than data from various sources.

## 2. MY LEISURE PROVIDER IS RESPONSIBLE FOR COMPLETING ACCIDENT FORMS - CAN I REQUEST A COPY?

No, because Schools are responsible for reporting all minor incidents themselves when they get back to school. Most schools will keep on-line records so may wish to take copies of the County Assessnet form and then transfer this information.

For a significant injury they will need to report it via Assessnet and under RIDDOR. Leisure Providers also have their own procedures for recording and reporting accidents.

## RLSS NRAFTC (NATIONAL RESCUE AWARD FOR SWIMMING TEACHERS & COACHES) - IMPORTANT INFORMATION FOR THOSE HOLDING QUALIFICATIONS WHICH ARE DUE TO EXPIRE

If you have your own school pool and require staff to hold the RLSS National Rescue Award for Swimming Teachers and Coaches (NRAFTC) or equivalent, please do register your interest for courses in order that we are able to support these needs. Our trainer, Rob Lloyd of Vale Safety Training is an accredited trainer for Bucks. For further information, please contact Allison Holley - [swimming@ahs.bucks.sch.uk](mailto:swimming@ahs.bucks.sch.uk).

**Please see important information from RLSS concerning the expiry of lifesaving qualifications during this lockdown period:**

*We understand that renewing qualifications and awards is particularly difficult at this time, however it is worth remembering, everyone will need to be qualified in order to get back to work as quickly as possible, as soon as we are able to do so. All regulated and non-regulated qualifications (due to expire between 16/03/2020-30/06/2020) will be extended by three months, to support qualification holders through this period of uncertainty.*

*Qualification holders do not need to contact us or apply for this extension, it will automatically be applied to all qualifications. We will also revisit the length of the extension period, should the COVID-19 restrictions last beyond the revised expiry dates.*

*More details about First Aid qualifications from HSE & DfE can be found here: <http://www.firstaidqualifications.org.uk/covid-19/>. Where you or your team members are using extended qualifications to provide any form of safety cover or emergency response, it is imperative that additional ongoing competency assessments are used to ensure safety is maintained.*



### SWIM FOCUS GROUP

**Headteachers** - If you would be interested in joining the School Swimming Focus Group, please do get in touch - [swimming@ahs.bucks.sch.uk](mailto:swimming@ahs.bucks.sch.uk). We would love to work with you! We hold termly meetings, discuss a range of issues and move forward initiatives in School Swimming.

## REMINDER FOR WHEN YOU RESUME SCHOOL SWIMMING TO SHARE INFORMATION WITH YOUR LEISURE PROVIDERS

This is a reminder for schools to share information with Leisure Providers about pupils who have additional needs or medical conditions. It is really important that the staff who will be teaching or lifeguarding your pupils are aware of any needs of your pupils in order to keep them safe. GDPR does give consideration for providing vital information such as this.

For example, first names and/or initials may be used.

Leisure Providers should hold this information securely and then dispose of it at the end of the programme once data on attainment has been shared with the school. Discuss with your Leisure Providers their policy for this.

Example forms can be found in Appendix X of the Safe Practice in School Swimming Policy found on the following link: <http://www.avtp.co.uk/policy-documents/safe-practise-in-school-swimming-policy/>.



## SWIMMING COURSES 2020-2021

Please be aware that we are working with Swim England and are in the process of setting up our Risk Assessments for courses in light of the current situation with COVID-19. Amongst other measures, our course numbers will be smaller to allow for social distancing. With this in mind and in light of many candidates having missed courses in the summer term, we have set additional course dates. For the foreseeable future, these courses will be theory only with no pool-based practical sessions.

**We urge schools to book on to courses in good time, rather than leaving this close to your school swimming commencing as we may not be able to accommodate your staff then.**

**ALL COURSES TAKE PLACE AT GREEN PARK CONFERENCE CENTRE, STABLEBRIDGE ROAD, ASTON CLINTON, BUCKS, HP22 5NE.**

### **Hall capacity:**

Taking social distancing into account, we can safely offer 15 places in the Darke Hall and 12 places in the Knight Hall.

### **Cost of Courses:**

We have reduced the cost of the courses to take into account the fact that delegates are being asked to provide their own lunch and refreshments on the day:

• Stage 1 - Support Teacher of School Swimming	=	£183
• Stage 2 - Teacher of School Swimming	=	£193
• Stage 1 & 2 - Secondary Teacher of School Swimming	=	£193
• Refresher Course (2hrs)	=	£45

### **Our aim is to ensure that you feel safe and protected during your training:**

1. Please do not attend training if you are feeling unwell on the day.
2. All delegates will have their temperature taken before entering the training room. Unfortunately, delegates who fail this check will be turned away to safeguard others.
3. Delegates will be asked to use the hand sanitizer before entering the training room and this will be available outside the room for your use at any point during the day. Hand sanitizer will also be available on each table in the Training Room.
4. Tutors will clean the tables with disinfectant cleaner prior to the delegates entering the room. Please feel free to ask if you would like your table cleaned during the course of the day.
5. No practical swimming pool sessions will take place on the course, this course is theory only.
6. A Risk Assessment will be shared with delegates prior to the start date of the course.
7. Swim England Training Packs will be available on the day. We will bring these to the venue in a small plastic crate where the packs will have been placed 72 hours prior to the course taking place.
8. Delegates will need to bring their mobile phones fully charged on the day to take part in interactive quizzes.
9. Delegates will be asked to complete Evaluation and Attendance Forms during the running of the course, these can be found inside your Swim England Training Pack.
10. Toilet Facilities – we will be following Green Park's new protocol for safe use of the facilities and delegates will receive further information on the day.

**STAGE 1: SUPPORT TEACHER OF SCHOOL SWIMMING**  
9am to 4pm

Day & Date	No. of places	Day & Date	No. of places
Thursday, 17 <sup>th</sup> September 2020	15	Thursday, 11 <sup>th</sup> February 2021	12
Thursday, 24 <sup>th</sup> September 2020	15	Friday, 12 <sup>th</sup> February 2021	15
Friday, 25 <sup>th</sup> September 2020	12	Tuesday, 23 <sup>rd</sup> February 2021	15
Friday, 16 <sup>th</sup> October 2020	12	Thursday, 25 <sup>th</sup> February 2021	15
Friday, 23 <sup>rd</sup> October 2020	12	Thursday, 4 <sup>th</sup> March 2021	15
Tuesday, 3 <sup>rd</sup> November 2020	12	Friday, 5 <sup>th</sup> March 2021	15
Thursday, 5 <sup>th</sup> November 2020	15	Thursday, 29 <sup>th</sup> April 2021	12
Friday, 20 <sup>th</sup> November 2020	15	Thursday, 6 <sup>th</sup> May 2021	15
Thursday, 26 <sup>th</sup> November 2020	15	Thursday, 13 <sup>th</sup> May 2021	12
Friday, 4 <sup>th</sup> December 2020	15	Thursday, 20 <sup>th</sup> May 2021	12
Tuesday, 15 <sup>th</sup> December 2020	15	Thursday, 10 <sup>th</sup> June 2021	12
Thursday, 14 <sup>th</sup> January 2021	15	Friday, 18 <sup>th</sup> June 2021	15
Friday, 29 <sup>th</sup> January 2021	15	Thursday, 24 <sup>th</sup> June 2021	12
Friday, 5 <sup>th</sup> February 2021	15		

**STAGE 2: TEACHER OF SCHOOL SWIMMING**  
8.30am to 4.30pm  
(Stage 1 must be completed before undertaking this course)

Day & Date	No. of places
Thursday, 21 <sup>st</sup> January 2021	12

**STAGE 1 & 2: SECONDARY TEACHER OF SCHOOL SWIMMING**  
8.30am to 4.30pm

Day & Date	No. of places
Thursday, 22 <sup>nd</sup> October 2020	12

<b>REFRESHER COURSE</b> <b>4pm to 6pm</b> <b>(This course must be taken <u>within 5yrs</u> of your original qualification)</b>	
Day & Date	No. of places
Thursday, 3 <sup>rd</sup> December 2020	12

**WHILST THESE QUALIFICATIONS DO NOT EXPIRE, SWIM ENGLAND RECOMMEND THAT STAFF UPSKILL OR REFRESH WITHIN A 5 YEAR PERIOD DUE TO SIGNIFICANT CHANGES IN THE NATIONAL CURRICULUM. IF YOUR QUALIFICATION IS MORE THAN 5 YEARS OLD, WE RECOMMEND THAT YOU TAKE THE SUPPORT TEACHER OF SCHOOL SWIMMING QUALIFICATION.**



Please complete an Application Form, which can be found on the AVTP School Swimming Website - <http://www.avtp.co.uk/swimming-courses/> and return to Allison Holley, AVTP School Swimming Administrator at [swimming@ahs.bucks.sch.uk](mailto:swimming@ahs.bucks.sch.uk).

## BESPOKE COURSES

We are also able to offer the following bespoke courses:

- Refresher course (2 hours) for Swim England Support Teacher of School Swimming or Teacher of School Swimming Courses
- Swim England SEND Support Teacher of School Swimming Course
- National Curriculum Mini Polo
- National Curriculum Synchronised Swimming
- National Curriculum Games based approach to teaching swimming
- Young Aquatic Leader Training
- Water Safety awareness talks to pupils

**For further information or to discuss a bespoke course suitable for your school environment, please email [swimming@ahs.bucks.sch.uk](mailto:swimming@ahs.bucks.sch.uk).**

**If you have any comments, suggestions or achievements you would like to make/share in the Newsletter, please email: [swimming@ahs.bucks.sch.uk](mailto:swimming@ahs.bucks.sch.uk).  
Thank you.**

**Please watch out for our rebranding coming soon!**