



# BUCKS SCHOOL SWIMMING PARTNERSHIP

## NEWSLETTER

## Newsletter - April 2022

Swimming is incredibly good for your physical and mental health & wellbeing – it's an activity you can do at any age and at any ability.

Swimming isn't just about being able to have fun in the water with family and friends (although it is and you should!). It's also about knowing what to do if someone gets into trouble. Or if a strong current takes your friend away from the edge. Or you fall in when running by a river or canal.

Chances are, children who don't learn to swim during school lessons, may never learn this life-saving skill. Drowning is the third most common cause of accidental death in children.

We have the opportunity to ensure every generation is taught basic water safety skills. But we have to work together to make it happen.

For more information about school swimming and water safety lessons in schools, please email [swimming@ahs.bucks.sch.uk](mailto:swimming@ahs.bucks.sch.uk)



**Zoe Coll**  
**Bucks School Swimming Partnership**  
**(BSSP) School Swimming Adviser**

## CONTENTS



*Page 2* Introduction

*Page 3* UK Government & Bucks County

*Page 4* Water Safety

*Page 6* RNLI + NRASTC

*Page 7* Swim Safe

*Page 8* What does a good school lesson look like - and a Guide for Parents

*Page 9* Teaching the teacher

*Page 12* Your feedback to BSSP

## What the Government say ...

The Department for Education states that **all primary schools must provide swimming and water safety instruction** in Key Stage 1 or 2.

Swimming is the only statutory sport within the Physical Education (PE) programme of study and in particular, by the end of year six all pupils should be taught to:

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

Swimming and water safety should be taken even more seriously due to the 'astonishing and worrying' number of children leaving primary school unable to swim.

Former Minister for Children Edward Timpson MP raised the issue during a debate on whether physical education should be made a core national curriculum subject;

<https://www.swimming.org/swimengland/swimming-water-safety-taken-more-seriously/>

## Partnership Agreement



The **Bucks Safe Practice in School Swimming Policy & Guidance** ensures that all schools and staff in Buckinghamshire are supported in School Swimming through the guidance, whether at a school pool, hydrotherapy pool, public pool or during school visits.

Included are policies and procedures of BSSP and Buckinghamshire Council based on current national guidance.

## Focus Group



We hold termly meetings to discuss all things 'School Swimming' to achieve a proactive approach to the delivery of school swimming lessons & water safety. If this sounds like something you would like to be actively involved in please do get in contact; [swimming@ahs.bucks.sch.uk](mailto:swimming@ahs.bucks.sch.uk)

## Water Safety

### Royal Life Saving Society (RLSS)

**Drowning Prevention Week** will take place 18 - 25 June 2022. **Register now** to sign up for resources for cross-curricular theme week available in 2022.

Teaching young people how to be safe near and in the water and prevent a steep increase in accidental drownings this summer.

### Water Safety Toolkit

This short, free, online toolkit will allow you the opportunity to discover the skills you need to enjoy the water, safely.

[Click here to access our Water Safety Toolkit](#)

Basic water skills can be life-changing. Not only will this toolkit give you the skills and confidence to enjoy being around the water, safely, but you could also, one day save somebody's life.

Remember, that we want you to enjoy the water and all its benefits, but, as it does come with risks, it is crucial to understand and manage these. Once you've completed this toolkit, you will feel much more confident to enjoy the water and change lives.

### Bystander rescue when running or walking

If you are out running or walking and you spot someone in danger, you could play a critical role in saving their life.

- Always **raise an alarm** with the **emergency services** and **bystanders** before you attempt to help
- **Never enter the water to rescue** - Your personal safety, in any situation is the number one priority
- Never go into the water to rescue a dog, in nearly all cases dogs will be able to get out, **don't put yourself at risk**
- If you see somebody in trouble in the water - call **999/112**. *Ask for the Fire and Rescue Service when inland and the Coastguard if at the coast.*



# ALWAYS FOLLOW THE WATER SAFETY CODE

Whenever you are around water:

## STOP AND THINK

Take time to assess your surroundings.

Look for the dangers and always research local signs and advice.

## STAY TOGETHER

When around water always go with friends or family.

Swim at a lifeguarded venue.

In an emergency:

## CALL 999

Ask for the Fire and Rescue Service when inland and the Coastguard if at the coast. Don't enter the water to rescue.

## FLOAT

Fall in or become tired - stay calm, float on your back and call for help.

Throw something that floats to somebody that has fallen in.

Enjoy Water **Safely**

Learn basic lifesaving and CPR skills.  
Visit [www.rlss.org.uk](http://www.rlss.org.uk)

## Own School Pool?

Staff are required to hold the RLSS National Rescue Award for Swimming Teachers and Coaches (NRASTC) or equivalent. N.B. This qualification is valid for 2 years and can be renewed prior to expiry by completing a NRASTC Light course.

Our trainer, Rob Lloyd of Vale Safety Training is an accredited trainer for Buckinghamshire. For further information, or to cross-check staff members qualification status, please contact Sharon Evans - [swimming@ahs.bucks.sch.uk](mailto:swimming@ahs.bucks.sch.uk)



# Lifeboats

Royal National Lifeboat Institution (RNLI)

The RNLI have put together a suite of teaching ideas and materials ([resources](#)) to help you engage young people with essential – and lifesaving – water safety lessons in schools and youth groups.

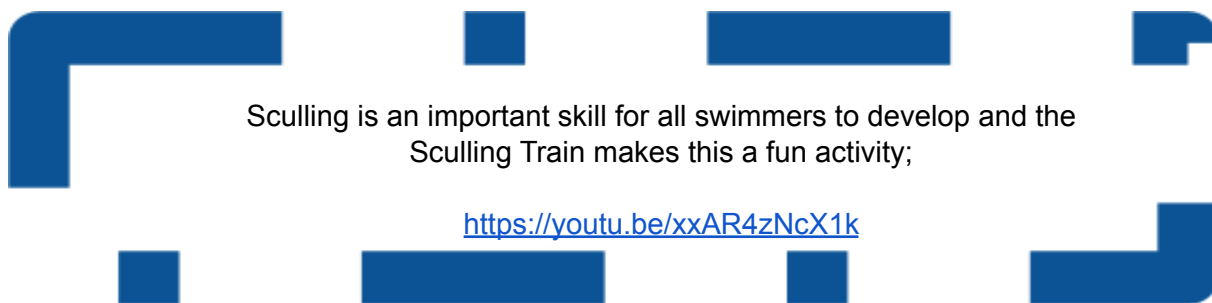
You'll find videos, guided discussions, problem solving activities – and more – specifically tailored for primary and secondary school aged children.



Delivered by Swim England and the RNLI, Swim Safe provides free outdoor swimming and water safety sessions for 7 - 14 year-olds.

The sessions teach children how to swim safely outdoors, the difference between swimming inside and out, and what to do if they get into trouble.

### Learn more about Swim Safe



Sculling is an important skill for all swimmers to develop and the Sculling Train makes this a fun activity;

<https://youtu.be/xxAR4zNcX1k>

## What does a great school swimming lesson look like?

- **Collaboration:** Great school swimming lessons see both schools and lesson providers working together. They make sure their pupils get the best possible chance to learn to be safe in and around water.
- **Knowledge:** A great lesson has knowledgeable swimming teachers, who also understand the national curriculum. School teachers play an active teaching role under the guidance of a Swim England Level 2 qualified swimming teacher.
- **Progressive:** Lessons are based on a nationally recognised swim programme. They cover all the required outcomes of the national curriculum, with a progressive Award scheme, recognising the achievements of all of the pupils.
- **Cross-curricular:** A scheme of work and lesson plans have been developed with the school for that term. For example, the school is working on 'measuring' – so the swimming teacher can teach 'push and glides' as part of the lesson. They work together with the school teacher to get the pupils to measure their distances. Walking out to the where the swimmer is covers moving, balance and orientation, in a swimming context.
- **Fun:** Lessons are fun for everyone. Always emphasising water safety and safe self-rescue. There are activities that tie into what the pupils are studying at school, in support of cross-curricular learning.
- **Pool-based:** Pupils spend as much time as possible in the water – not on the side.
- **At home:** Schools track the progress of their pupils' achievements and feedback to parents and carers. They emphasise the need for regular swimming lessons during school swimming terms.

## A Guide for Parents



This guide has been developed by the Swim Group to help parents understand why it is important their child learns about swimming and water safety at primary school.



## Swimming training for teachers

### Develop your swimming team with the National Curriculum Training Programme (NCTP).

Class teachers and other adults who have established relationships with your pupils are the best placed to make school swimming lessons a success.

To be confident in delivering school swimming and water safety lessons that meet the national curriculum outcomes, they need support, training and resources. This will also ensure pupils receive the best quality swimming education.

The National Curriculum Training Programme for primary school teachers equips staff with the skills and knowledge to deliver high quality school swimming lessons to make sure your school not only meets but exceeds the national curriculum requirements. It is made up of two training programmes. They use both theory and practical sessions to teach you the most effective ways of delivering school swimming for success.

1. **Support Teacher of School Swimming** – once completed the holder will be able to actively assist (1:3) and support a more qualified teacher. Candidates can then progress to the second training programme.
2. **Teacher of School Swimming** – once completed the holder will be qualified to plan and evaluate session plans in line with the national curriculum, and teach independently (1:8) in a school swimming programme.

These courses are open to anyone working in a school swimming environment. Swim England recommends 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 course.

For further information and how to book, please visit; <https://www.bssp.org.uk/swimming-courses/>

## Do you have staff in your school who need to undertake the Swim England Support Teacher of School Swimming Course?

If you are unsure and would like to cross-check staff members qualifications against our database, please contact Sharon Evans - [swimming@ahs.bucks.sch.uk](mailto:swimming@ahs.bucks.sch.uk)

We make a very bold statement on the booking form about ensuring that you can swim 25m. This is not because we are going to ask you to demonstrate your swimming ability - more that when putting together these courses we need to put everyone's safety first.

We want you to be able to fully engage in the practical (pool) element of the course and to highlight a recent overheard comment; ***I didn't realise it was so hard to blow an egg-flip over*** - exactly, the pool element is there for delegates to experience what students are being asked to do - and therefore the relevant encouragement/feedback can be given.



Do share any concerns over the practical element of these courses by speaking to Sharon 01296 388222 x 421 or if you prefer email; [swimming@ahs.bucks.sch.uk](mailto:swimming@ahs.bucks.sch.uk)

### New Course Dates for 2022/2023 Coming Soon

Aylesbury High School, Walton Street, Aylesbury, Bucks.  
T:: 01296 388222 ext. 421

✉ [swimming@ahs.bucks.sch.uk](mailto:swimming@ahs.bucks.sch.uk)

W: [bssp.org.uk](http://bssp.org.uk)

🐦 [@bssppartnership](https://twitter.com/bssppartnership)

## Course Dates 2022

In playing catch-up to the pandemic please be mindful that classes fill up quickly so do book well in advance in preparation for the safe delivery of school swimming lessons.

### **STAGE 1: PRIMARY SUPPORT TEACHER OF SCHOOL SWIMMING COURSES**

Date	Time	Venue	Cost	Booking Status
12.05.2022	09:30 – 16:30	West Lodge Hotel, Aston Clinton	£185	Closed - FULL
19.05.2022	09:00 – 16:00	John Colet School, Wendover	£185	Closed - FULL
09.06.2022	09:30 – 16:30	West Lodge Hotel, Aston Clinton	£185	Open
23.06.2022	09:30 – 16:30	West Lodge Hotel, Aston Clinton	£185	Open

### **REFRESHER COURSE (MUST BE COMPLETED WITHIN 5YRS OF ORIGINAL QUALIFICATION)**

Date	Time	Course & Venue	Cost	Booking Status
04.04.2022	16:00 - 18:00	Online	£45	Open

### **TWILIGHT SESSION FOR BURSARS/OFFICE STAFF INVOLVED IN SETTING UP SCHOOL SWIMMING PROGRAMMES**

Date	Time	Course & Venue	Cost	Booking Status
07.07.2022	16:00 – 18:00	Online	FREE	Open



We have a new and exciting course for Special Schools - **Swim England Supporting Pupils with SEND during School Swimming**. This course is valid for 5 years.

In addition, we can offer a **Bespoke 2hr Twilight Session for School Staff supporting pupils in the water**.


### **HOW TO BOOK**

Application forms and course flyers can be found on the BSSP website - <https://www.bssp.org.uk/swimming-courses/> any further queries please email; [swimming@ahs.bucks.sch.uk](mailto:swimming@ahs.bucks.sch.uk)

Aylesbury High School, Walton Street, Aylesbury, Bucks.  
T:: 01296 388222 ext. 421

✉ [swimming@ahs.bucks.sch.uk](mailto:swimming@ahs.bucks.sch.uk)

W: [bssp.org.uk](https://www.bssp.org.uk)

 [@bssppartnership](https://twitter.com/bssppartnership)

## CSAT - Customer Satisfaction

CSAT (Customer Satisfaction) is a measurement used to quantify the degree to which customers are satisfied with a service, product or experience. In most cases, the term “CSAT” is used in connection with “CSAT score,” which refers to the numerical measure of customer satisfaction.

How do we know what our customers feel about our courses and the service we provide? We ask them! And this is what they said \*;

- Course delivery by the presenter 100%
- Relevance of practical teaching content 100%
- Relevance of theory session 97.92%
- Utilisation of time 96.15% (wanted **more** pool time!)
- Achievement of outcomes 97.92%
- Quality of resources/handouts 100%

### What is a good CSAT score?

It varies by industry but in general, **a healthy score is between 75-85%**, which is good ...

We aren't aiming for good - we want to achieve 100% so that you can too.



\* Data collected from 10th March 2022, Evaluation Forms;

BSSP Secondary Teacher of School Swimming Course hosted by Zoe Coll and Sue Newling (Parker).

**If you have any thoughts, comments or suggestions for features in this Newsletter, please email: [swimming@ahs.bucks.sch.uk](mailto:swimming@ahs.bucks.sch.uk).**

**Thank you!**