



# **BUCKS SCHOOL SWIMMING PARTNERSHIP**

## **NEWSLETTER**



## Newsletter - July 2023

Sadly, over 400 lives are lost to drowning across the UK and Ireland every year and nearly half of the accidental drownings happen between May and August.

As part of National Drowning Prevention Week (17th - 24th June 2023) I delivered "Water Safety" Assemblies to nearly 1000 local Buckinghamshire children.

School Assemblies are the perfect platform to share the Water Safety Code and potentially save lives.

As the summer break approaches **NOW** is the time to increase awareness of water safety.

This [Water Safety Awareness Whole School Assembly Pack](#) includes lots of useful information and tips for staying safe in and around water this summer. It includes an assembly script to guide you through the assembly with your pupils to ensure that they can enjoy water safely with their friends and family.

With the right education, accidental drownings are avoidable.

We wish everyone a safe and enjoyable summer break.

Let's enjoy the water!



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

## [CONTENTS](#)



*Page 2* Introduction

*Page 3* Bucks **Safe Practice Policy**

*Page 4* Water Safety Code

*Page 5* RLSS UK;  
Summer Water Safety

*Page 6* Give yourself a floating  
chance

*Page 7* A Guide for Parents/Carers  
Teacher Training

*Page 8* Feedback

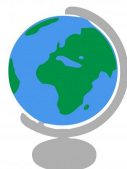
*Page 9* Courses; How to Book

## 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.



**Globally someone drowns every 2 minutes**

Drowning kills more children under the age of 15 than; tuberculosis, HIV/AIDS, malnutrition, measles, meningitis and hepatitis *combined*.



Around **140 people lose their lives** at the UK and Irish coasts each year, and over half never even planned to enter the water. It's important you know what to do in an emergency so you can **help without putting yourself in danger.**

2 simple skills you should know that could save a life ...

✓ If you find yourself in difficulty in the water, **FLOAT to increase your chances of survival.**

✓ If you see someone else in trouble in the water, **call 999 or 112 and ask for the Coastguard.**

2 things you should **NEVER** do;

✗ **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**

**SHOUT ... THROW ... NEVER GO!**

Cold water	Rip currents and waves
Cold water shock is triggered in water temperatures lower than 15°C. The average temperature of UK and Irish waters is 12°C. So even in the summer, the water temperature is cold enough to cause cold water shock, which can steal the air from your lungs and leave you helpless in seconds.	Rip currents can travel up to the same speed as an Olympic swimmer (4.5mph) and can pull even the strongest swimmers out to sea.  Unexpected waves can quickly knock you off your feet.

# Summer Water Safety






## Help spread RLSS UK's summer water safety message!

Drowning accidents are especially high in the summer months and over the last few years, we have heard of too many tragedies that could have been avoided.

Every year people drown both at home and on holiday because they don't take simple precautions, so reaching people with water safety messages is vital. We want people to enjoy the water safely. Please help to avoid another tragic summer this year by spreading the following water safety advice far and wide.

In the last 5 years, 39% of all UK drownings occurred in June, July and August. (\*source: WAID 2017-2021)

**When Summer hits it can be tempting to look for the nearest place to cool off. Here are some **Top Tips** if you plan on going for a paddle;**

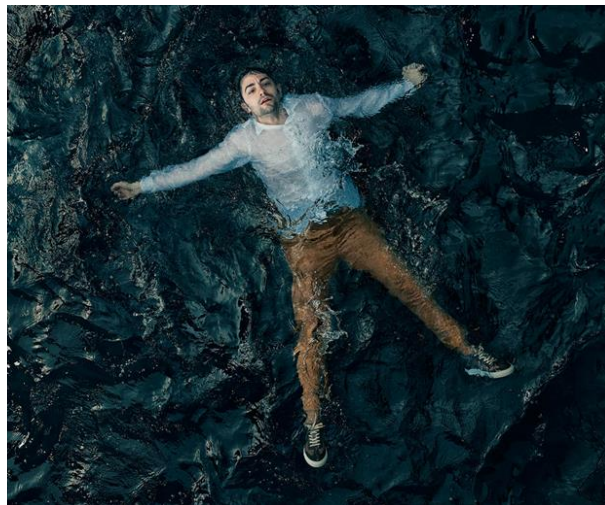
				
<b>Look out for lifeguards</b>	<b>It's colder than it looks</b>	<b>Don't go too far</b>	<b>It's stronger than it looks</b>	<b>Bring a friend</b>
If you're looking for a place to cool off, always find a lifeguarded swimming site.	Water at open water and inland sites is often much colder than it looks, cold water can affect your ability to swim and self-rescue.	Always swim parallel to the shore, that way you're never too far away from it.	Currents in the water can be very strong. If you find yourself caught in a rip current – don't swim against it – you'll tire yourself out. Swim with the current and call for help.	Always bring a friend when you go swimming so if anything goes wrong you've got someone there to help.

## Give yourself a floating chance:

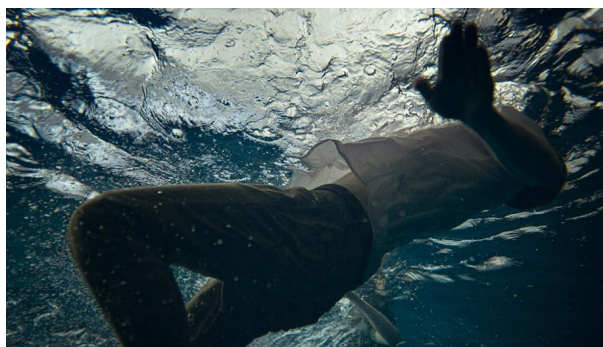
1. Fight your instinct, not the water



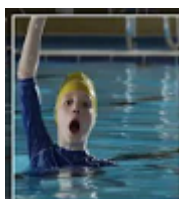
2. Lean back, extend your arms and legs



3. If you need to, gently move them around to help you float.



4. Float until you can control your breathing.



5. Only then, call for help, swim to safety or continue floating until help arrives.



## A Guide for Parents



This guide has been developed to help parents and carers understand why it is important their child learns about swimming and water safety at primary school - please do share this with them.

## Swimming training for teachers

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

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.

**Stage 1; Support Teacher of School Swimming** (6 CPD points) - 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.

**Stage 2; Teacher of School Swimming** (9 CPD points) – 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.

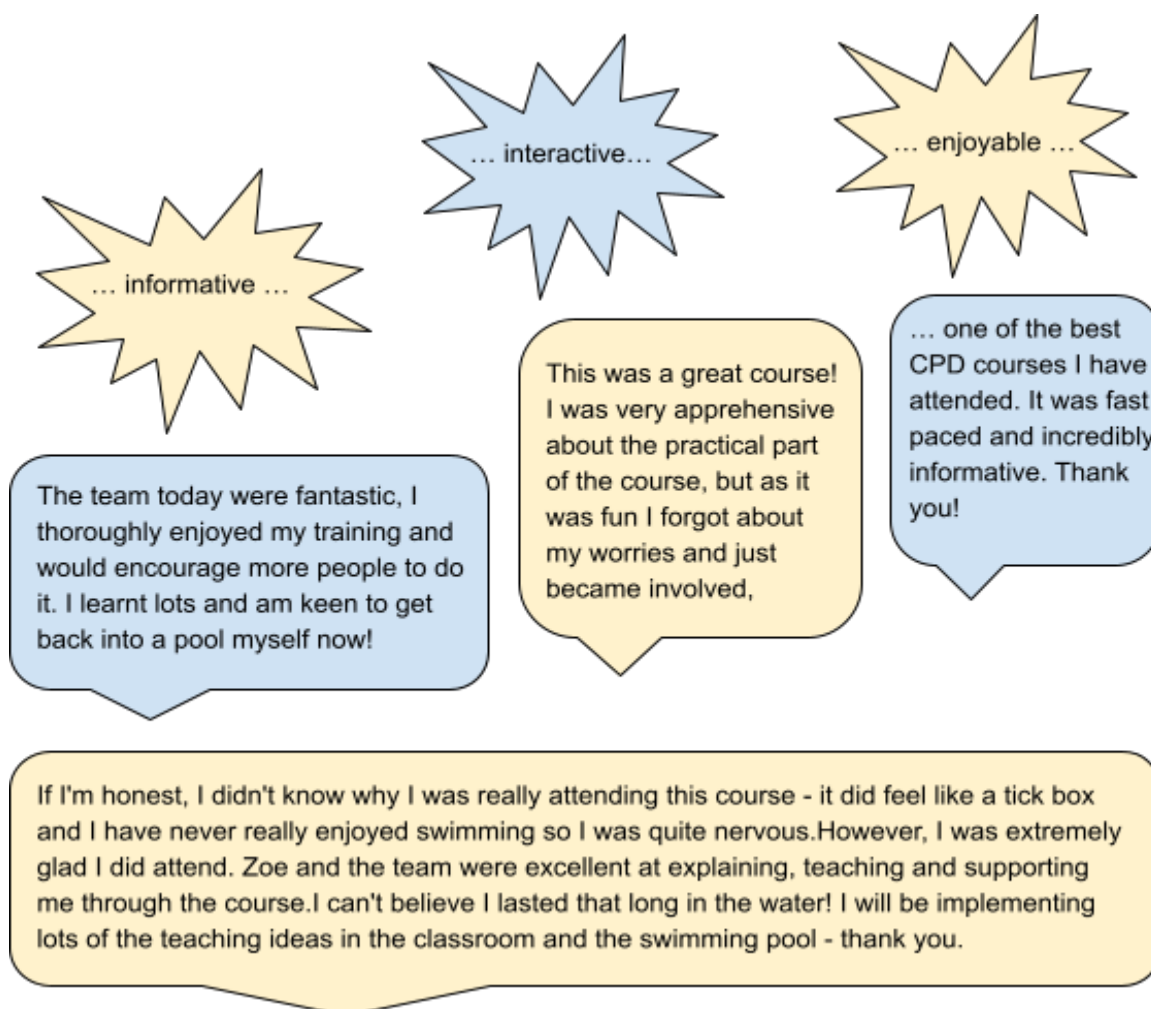
## Do you have staff in your school who need to undertake the Swim England Support Teacher of School Swimming Course?

**A minimum of 2 staff accompanying school swimming must be qualified** in either the Stage 1; Support Teacher or Stage 2; Teacher of School Swimming. Swim England recommends that staff upskill or refresh within a 5 year period due to significant changes in the National Curriculum.

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)

### Snippets from; Evaluation Forms 2023

BSSP Stage 1; Support Teacher of School Swimming Course delivered by Zoe Coll.





We ask that delegates 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 an often 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)

## Course Dates 2023-2024

Please be aware that courses fill up quickly so do book well in advance in preparation for the safe delivery of school swimming lessons. Further information on all the courses/training we offer and how to book, can be found here; [course dates 2023-2024](#)

Further information 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)

**Please share this Newsletter with anyone who may benefit from its contents.**

**We would welcome your feedback/comments or suggestions  
regarding this Newsletter, please email:  
[swimming@ahs.bucks.sch.uk](mailto:swimming@ahs.bucks.sch.uk)**

**Thank you for your continued support and understanding of the importance of  
Safe Practice in School Swimming & Water Safety Lessons.**