



BUCKS SCHOOL SWIMMING PARTNERSHIP

Newsletter - April 2024

What is the cost of not knowing how to swim?

Shockingly, in the UK, 1 in 4 children leave primary school unable to swim, despite being the only sport which can be considered a life-saving skill.

Although encouraging news has been forthcoming concerning children and young people's activity levels overall, having recently recovered to pre-pandemic levels, swimming levels remain 5.6% below pre-pandemic according to worrying statistics published in Sport England's latest [Active Lives Children and Young People report](#).

Perhaps even more shocking than children not achieving the National Curriculum target of swimming 25 metres unaided by age 11, 40% of those children who can't swim haven't even been offered the opportunity of learning to swim.

For many pupils school swimming will be their first (and in some cases **only**) opportunity to learn this essential life skill.

For more information about school swimming and water safety lessons in schools, please email swimming@ahs.bucks.sch.uk



Zoe Rogers
Bucks School Swimming Partnership
(BSSP) School Swimming Adviser

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What the Government say ...

On 19 May 2023, the second reading of the Water Safety (Curriculum) Bill [HL] is scheduled to take place in the House of Lords. The bill is a private member's bill introduced by Lord Storey (Liberal Democrat). The bill seeks to make it compulsory to include water safety education in the curriculum for all schools (primary and secondary) in England and Wales.

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.



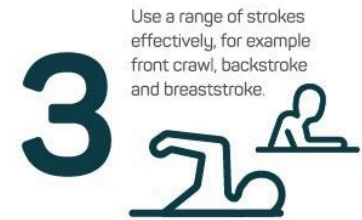
[The Importance of Learning to Swim at School](#)



The [Bucks Safe Practice in School Swimming Policy](#) ensures that all schools and staff in Buckinghamshire are supported in School Swimming through the guidance, whether at a school pool, AGP's, hydrotherapy pool, public pool or during school visits.

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

The government has recognised the importance of teaching our young people swimming and water safety by including it in the **national curriculum**. The **three key outcomes** within the physical education curriculum all children are expected to achieve by the end of **year six** are:



The National Curriculum Training Programme

Our National Curriculum Training Programme 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 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 in a school swimming programme.

These courses are open to anyone working in a school swimming environment:

- school teachers,
- classroom assistants,
- learning support staff,
- nursery nurses,
- qualified swimming teachers,
- parents, helpers or homeschoolers,
- PGCE students.

The programme also includes a set of waterproof activity cards, giving fun, varied and progressive introductory activities for pupils learning to swim, and a learner guide to support them through the training. Course candidates all receive a certificate on completion of the training course.

How to book?

Visit our CPD/courses page [here](#), or contact swimming@ahs.bucks.sch.uk for details.

Water Safety

Royal Life Saving Society (RLSS)

Drowning Prevention Week (DPW); 15- 22 June 2024.

The Royal Life Saving Society's (RLSS) campaign is designed to explore a multitude of opportunities to proactively raise awareness of water safety ahead of a summer outdoors. Starting in May, through the summer, the risk to the public through accidental drowning increases significantly - DPW is critical in raising awareness and encouraging the public to enjoy water safely.



Access **FREE Primary School teaching resources** for a cross-curricular theme week - teaching young people how to be safe near and in the water and prevent a steep increase in accidental drownings this summer.

Please email swimming@ahs.bucks.sch.uk to request BSSP's Secondary School teaching resources.

Water Smart Schools Award

A free accreditation programme for primary and secondary schools, achieving skills for life

In 2022, there was a 46% increase in the number of accidental fatalities amongst children, compared to the 5-year average. 35 accidental child fatalities were reported - the equivalent of a classroom of children.

Every young person should have access to water safety skills that can be used throughout their life, no matter their background. This knowledge will keep them safe around the water and enrich their opportunities to engage in water-related activities and play. Please click on the link [here](#) for more detailed information and how to register your school.

RLSS - Water Safety Advice



Please share this RLSS resource in your next school's newsletter;

It is vital that the whole family knows basic water safety and what to do if they find themselves in the water unexpectedly.

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.

In the last 5 years, 30% of accidental drownings in the UK occurred at the beach, shore or coast.

Royal National Lifeboat Institution (RNLI)



Lifeboats

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.

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

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

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 or if you prefer email; swimming@ahs.bucks.sch.uk

New Course Dates - Autumn Term 2024


STAGE 1: PRIMARY SUPPORT TEACHER OF SCHOOL SWIMMING COURSES

Date	Time	Venue	Cost	Booking Status
17.09.2024	09:30 – 16:30	Aylesbury High School (AGS pool)	£185	Open
24.09.2024	09:00 – 16:00	Aylesbury High School (AGS pool)	£185	Open
01.10.2024	09:30 – 16:30	Aylesbury High School (AGS pool)	£185	Open
12.11.2024	09:30 – 16:30	Aylesbury High School (AGS pool)	£185	Open
26.11.2024	09:30 – 16:30	Aylesbury High School (AGS pool)	£185	Open

Aylesbury High School, Walton Street, Aylesbury, Bucks
T: 01296 388222

✉ swimming@ahs.bucks.sch.uk

W: bssp.org.uk

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

STAGE 2: PRIMARY TEACHER OF SCHOOL SWIMMING COURSES

Date	Time	Course & Venue	Cost	To Apply
15.10.2024	16:00 – 18:00	Online	FREE	Click Here

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

Date	Time	Course & Venue	Cost	Booking Status
10.09.2024	16:00 - 18:00	Online	£45	Open



We have a new and exciting course, **Swim England Supporting Pupils with SEND during School Swimming**. This qualification is valid for 5 years and will be delivered on Tuesday 3rd December 2024 - please email sevans@ahs.bucks.sch.uk to register your interest in attending this course.

For further details on all our courses please visit; <https://www.bssp.org.uk/swimming-courses/> any further queries please email; swimming@ahs.bucks.sch.uk

Evaluation, Feedback & Review

We do evaluate all our courses by way of asking candidates to complete a feedback form. This really does help us to develop in the delivery and content of these courses to provide a valuable learning experience. To view recent course reviews please visit; <https://www.bssp.org.uk/reviews/>