



BUCKS SCHOOL SWIMMING PARTNERSHIP

Newsletter - July 2024

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

No child should drown, and with the right water safety education – such as knowledge of the Water Safety Code – accidental drownings are preventable and [School Assemblies](#) are the perfect platform to share the Water Safety Code and potentially save lives.

Please help us to spread the word and encourage everyone to have the water safety conversation with children. It is so important to raise awareness and encourage everyone to enjoy water safely.

With the right education, accidental drownings are avoidable.

We wish everyone a safe and enjoyable summer break.

Let's enjoy the water!



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

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TOP-Up School Swimming

The recommendation is for schools to identify early in their school swimming and water safety programme any pupils who are forecasted as unlikely to meet national curriculum expectations for school swimming and water safety. Schools should then utilise this forecasting to allocate appropriate PE and sport premium to provide adequate top up provision.



[PE and sports in schools](#) - GOV.UK (www.gov.uk) - pages 9 and 10;

Advice for swimming and water safety

Swimming and water safety are vital life skills, which are a mandatory element of the PE national curriculum for primary schools. The [Ofsted PE report \(2023\)](#) stated pupils' swimming and water safety attainment in primary schools is mixed. In many schools this is due in part to the cost of transport and access to swimming pools, and partially due to the challenges schools have faced as a result of COVID-19. However, often the evaluation of the swimming and water safety element of the curriculum is limited. As swimming's national governing body, [Swim England](#) provides a wide range of support and advice to schools including guidance documents, resources and the [School Swimming and Water Safety Charter](#).

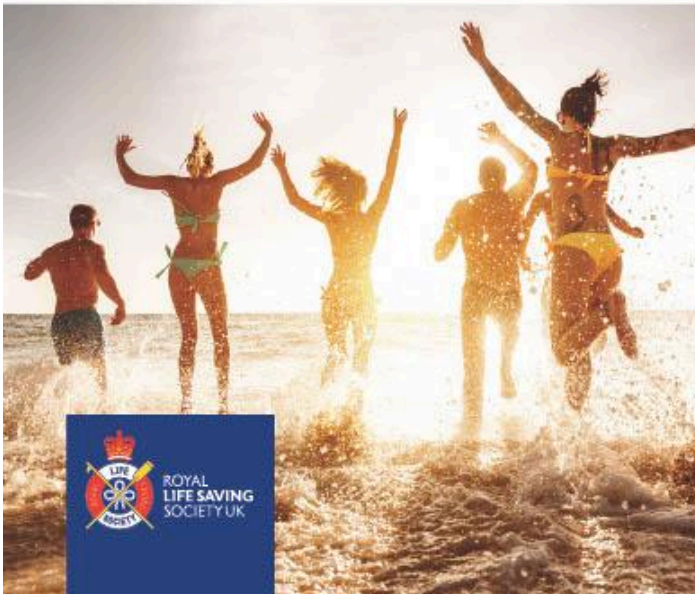
Schools can also use the [PE and sport premium](#) to raise attainment in primary school swimming and water safety by funding top-up swimming sessions for those pupils that do not meet national curriculum requirements after they have completed core swimming lessons.

Summer water safety

Accidents are mostly preventable with the correct knowledge and judgment and here are our tips to staying safe in the water during the summer:

To enjoy the water safely and make the right call...

- **Enter slowly and carefully**
Think carefully about your ability to splash or swim in cold outdoor water. 49% of those who lost their life were classified as swimmers*. Are you really a good swimmer?
- **Stay within reach**
Don't go too far and stay within a standing depth.
- **Always be supervised**
Over 70% of fatal accidents occur in the absence of professional supervision. Seek life guarded areas and always make sure some one is available to raise the alarm.



Summer is an amazing time to enjoy our beautiful waterways but we must be mindful that warmer weather is directly linked to an increase in fatal drowning incidents.

Rivers and Lakes/Lochs pose the greatest statistical risk as there are often hazards that the average person is equipped to handle and there is a lack of professional supervision.

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.
- **If you're in trouble FLOAT and call for help**
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.



STOP AND THINK



STAY TOGETHER



CALL 999



FLOAT

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

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

Know your beach flags; printable [bookmarks](#) - or better still, double sided 👍

Summer
WATER SAFETY

To enjoy the water safely and make the right call...

-  **ENTER SLOWLY AND CAREFULLY**
-  **STAY WITHIN REACH**
-  **ALWAYS BE SUPERVISED**

In an emergency...

-  **CALL 999**
-  **IF YOU'RE IN TROUBLE FLOAT AND CALL FOR HELP**

Summer
WATER SAFETY

BEACH FLAGS

The beach flags are displayed by the Beach Lifeguards in patrolled areas to provide guidance on the water and the wind conditions. The flags also inform beach users where the swimming and water sports zones are located.

-  **RED AND YELLOW LIFEGUARDS ON DUTY**
Between the flags is the safest place to swim
-  **RED DANGEROUS AREA**
Lifeguards are not watching this area
Do not swim here
-  **BLACK AND WHITE WATER SPORTS AREA**
Do not swim here
-  **ORANGE WINDSOCK SHOWS THE DIRECTION AND STRENGTH OF THE WIND**
Beware of winds blowing out to sea

#ENJOYWATERSAFELY

For more information visit riss.org.uk



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.

Water Smart Schools Award

A [FREE accreditation programme](#) for primary and secondary schools, achieving skills for life.

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.

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.

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

Planning Ahead

We have received several requests from schools wanting to update/refresh their staff's swimming qualifications.

Years ago courses used to be a lifetime qualification - but now Swim England recommends that courses are updated by undertaking further CPD within a 5 year period.

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

For staff who will be accompanying their students to school swimming lessons please ensure they have, as a minimum, STAGE 1: Support Teacher of School Swimming.

New Course Dates - Autumn Term 2024

STAGE 1: SUPPORT TEACHER OF SCHOOL SWIMMING COURSES

Date	Time	Venue	Cost	Booking Status
17.09.2024	09:30 – 16:30	Aylesbury High School (AGS pool)	-	CLOSED
24.09.2024	09:00 – 16:00	Aylesbury High School (AGS pool)	-	CLOSED
01.10.2024	09:30 – 16:30	Aylesbury High School (AGS pool)	-	CLOSED
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

STAGE 2: TEACHER OF SCHOOL SWIMMING COURSES

Date	Time	Course & Venue	Cost	To Apply
15.10.2024	09:30 – 16:30	Aylesbury High School (AGS pool)	£195	Open

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/>