



BUCKS SCHOOL SWIMMING PARTNERSHIP

Newsletter - November 2024

As the winter approaches **NOW** is the time to increase awareness of water safety. Time to share and ensure the **whole family knows basic water safety** and what to do if they find themselves in the water unexpectedly. You can access FREE [RLSS UK resources](#) to help.

With the right education, accidental drownings are avoidable.

Since my appointment, 3 years ago (!), we launched the BSSP Kitemark; "... a reward to outwardly demonstrate a schools' 100% commitment to following best practice within their swimming policies, staffing qualifications and risk assessments ..."

Over 100 schools have now achieved that Kitemark.

With our continued support we anticipate more schools will achieve this Kitemark.

I hope you find this term's newsletter useful, please do share it with anyone who may benefit from its contents.

We do welcome your feedback/comments or suggestions regarding this Newsletter and as always, please do reach out to us for further help/support "all things swimming"



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

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[School Assemblies](#) are the perfect platform to share the Water Safety Code and potentially save lives.



Industry partners Swim England, the Swimming Teachers' Association and Swim Wales have published a joint statement on the use of temporary, 'pop-up' pools.

The full statement can be read by clicking [here](#).

More and more of these pools are in operation across the country, particularly for the delivery of school swimming and water safety lessons.

Often these types of pools are designed for domestic, family use and concerns remain about their ability to meet health and safety requirements when used in a commercial setting with a massively increased number of pool users.

Whilst our organisations want to see access to opportunities to learn to swim widened for more children to benefit from, the safety and wellbeing of all participants must be the number one priority.

For this reason, at this stage, Swim England, the Swimming Teachers' Association and Swim Wales do not endorse the use of 'pop-up pools' for the delivery of school swimming and water safety lessons.

Any school considering the use of such a pool is encouraged to read the full statement in the first instance.



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

“Teachers and TA’s **should not just observe in lessons** which are being outsourced - ***they should be active participants in the lesson and contribute to helping pupils achieve curriculum goals.***”

Ofsted's PE Research Review for Teachers and Leaders (Physical Education) - March 2022



Safe Practice in Physical Education, School Sport and Physical Activity

“... Ensuring the qualification status of both school and external staff is adequate for lesson delivery. The Swim England Level 2 qualification is recommended for the delivery of school swimming lessons -

www.swimming.org/ios/course-information/level-2-swimming-teacher/ - and supporting staff to hold the National Curriculum Training Programme (NCTP) Support Teacher of School Swimming qualification -

www.swimming.org/schools/school-swimming-training/ ...” page 305 + 306 (Oct 24)

Support for Primary Schools

Swimming and water safety are vital life skills, which are a mandatory element of the PE national curriculum for primary schools.

There are lots of resources to help primary schools deliver swimming and water safety lessons. There is also information for pool operators, lesson providers and parents.

Key resources:

- [Curriculum Swimming and Water Safety Resource pack](#) Developed by the Swim Group on behalf of the Department for Education.
- [Swim England School Swimming Charter](#) Support materials for schools and lesson providers to help you make the most of your swimming and water safety lessons.
- Advice on using the [Primary PE and Sport Premium](#) for swimming and water safety, and how to report on attainment figures.
- [Inclusion hub](#) and information about the Inclusion 2024 project

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.

Key Learning: Teaching swimming and water safety during Key Stage 1 or 2 is a requirement of the national curriculum PE programme of study. For schools that follow the national curriculum, physical education is a statutory subject, and within this, swimming must be provided for all students so that they can meet the statutory requirements by the end of Key Stage 2. Therefore, a parent cannot withdraw their child from school swimming lessons.



Forecasting Pupil Attainment
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.

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.

Course Dates - 2025

STAGE 1: SUPPORT TEACHER OF SCHOOL SWIMMING COURSES

Date	Time	Venue	Cost	Booking Status
16.01.2025	09:30 – 16:30	Aylesbury High School (AGS pool)	-	CLOSED
30.01.2025	09:00 – 16:00	Aylesbury High School (AGS pool)	-	CLOSED
13.02.2025	09:30 – 16:30	Aylesbury High School (AGS pool)	-	Open
03.04.2025	09:30 – 16:30	Aylesbury High School (AGS pool)	£185	Open
01.05.2025	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
20.03.2025	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
09.01.2025	16:00 - 18:00	Online	£45	Open



We are also delivering a bespoke course; **Swim England Stage 1 Support Teacher of School Swimming - with additional SEND workshop**. 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/>

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

No child should drown, and with the right water safety education – such as knowledge of the Water Safety Code – accidental drownings are preventable. [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.





Here are some useful tips to keep safe this winter:



KEEP BACK FROM THE EDGE

Keep back from slippery banks.

Stick to well-lit areas and plan your walks in daylight or along well-lit paths.

Never go onto the ice.



KEEP CHILDREN AND DOGS WITHIN REACH

Teach children not to go onto ice.

Keep dogs on a lead near ice and slippery banks.

If out enjoying a winter walk, walk with friends.



Enjoy Water **Safely**



IF YOU'RE IN TROUBLE FLOAT AND CALL FOR HELP.

Stay calm, float on your back and call for help.

Wait for help and keep as still as possible.

Preserve heat by pressing your arms by your side and keep your legs together. Keep your head clear of the water.

Throw something that floats to somebody that has fallen in.



CALL 999

Do not enter cold water or ice to rescue.

Try and reach them from the bank using a rope, pole, tree branch, clothing tied together or anything else which can extend your reach.



Share Winter Water Safety

Get your children talking about winter water safety

Winter water safety [colouring sheet](#)

Winter Water Safety



For more resources and advice visit www.rlss.org.uk

DANGERS

Can you match the following advice with the dangers on the picture?

- 1 Never go on the ice as you may fall through
- 2 Don't go onto the ice to help someone else. Follow the Water Safety Code
- 3 Animals may run onto the ice so keep dogs on a lead when near ice and slippery banks
- 4 Watch out for things you may trip over
- 5 Safety signs give information to keep you safe
- 6 Ice is always thin near the edge and around pipes, trees, and plants
- 7 Beware of wooden and rocky surfaces as they may be slippery

Always follow the
WATER SAFETY CODE



STOP
AND THINK



SWIM
TOGETHER



CALL
999



FLOAT

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.



Winter Water Safety

WINTER Water Safety Advice

PAY ATTENTION to water safety signs

DON'T go on to the ice, it is not safe

NEVER go on to the ice to rescue someone, try to reach them with an object

KEEP CLEAR of the water's edge in case you fall in

NEVER play in floodwater, you may get swept away or it may be deeper than you think

WORDSEARCH

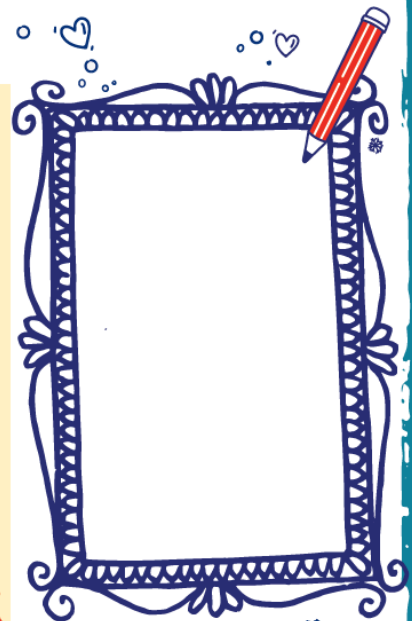
C O K E U S R F N U M E J
Y P C I W P E A S D O G U
G E R O G I M L I P T S A
F R A S L W E Y E P S I F
A T C L O C R E T N I W R
M R K N V V G T P I G M I
U E S M E S E S G H N U N
M G O D S I N P A T S G E
L N K E U L C E P W F I Z
I A T V O R Y E W K L Y O
E D L O C I F G O E O A R
D P F I S H I N G L O U F
R Y S L I P P E R Y D S A

Can you find all these words in the grid?

WINTER
ICE
CRACKS
COLD
SIGNS
FROZEN

THIN
EMERGENCY
SNOWMAN
GLOVES
DANGER
FLOOD

DOG
FISHING
SLIPPERY



DRAW a snowman lifeguard!

Why not share your pieces of art with us?
Simply post with #enjoywatersafely.

@rissuk

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.

RLSS - Winter Water Safety Advice



“... This [booklet](#) is a fun way to learn how to keep yourself, friends and family safe around water, when the weather turns chilly and new dangers appear.

Please share these messages and safety tips with everyone to help us prevent drownings ...”

COLD WATER HAS EXTRA DANGERS

Even if there is no ice, in winter the water is much colder than normal and you cool down much faster when you are wet, than when you are dry.

When you are cold your muscles get weaker, slow down, and get tired more quickly. All these effects on your muscles mean that You can't swim as far as you can normally.

Many people drown because they don't realise that cold water reduces their ability to swim.

→ YOUR NORMAL TEMPERATURE IS AROUND 37°C. WHEN YOU ARE COLDER THAN THIS, YOUR BODY CAN'T WORK PROPERLY

→ IF YOUR TEMPERATURE DROPS TO 35°C OR COLDER, YOU WILL BECOME HYPERTHERMIC AND VERY ILL

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.