



BUCKS SCHOOL SWIMMING PARTNERSHIP

NEWSLETTER, SEPTEMBER 2025

www.bssp.org.uk @bssppartnership

Welcome back!

Welcome back to another busy school year! The summer holidays have flown by and I hope you are as excited about the academic year ahead as we are.

I must thank Mandy Carey for covering my maternity leave and working with you on various scenarios and queries as they came up. It has been a pleasure to return to the role which I have such a passion for, ensuring that children can access this vital life skill and the numerous benefits that coincide with swimming!

We look forward to working with you this academic year and please do not hesitate to get in touch if you have any questions in regards to school swimming and water safety.

TEACHING SWIMMING AND WATER SAFETY AT KEY STAGE 1 OR 2
A GUIDE FOR PRIMARY SCHOOLS



THE IMPORTANCE OF LEARNING SWIMMING AND WATER SAFETY SKILLS AT KEY STAGE 1 OR 2
A GUIDE FOR PARENTS



A GUIDE FOR PRIMARY SCHOOLS

The following information provides an overview for primary schools on how to make the most of your curriculum swimming and water safety provision. It should be read in conjunction with the document Primary School Support Materials which has more detailed information including lesson planning, roles and responsibilities, safety, use of funding and reporting attainment. It also aims to ensure the consistent delivery of swimming and water safety lessons across the country that fully support the teaching of the three outcomes. A separate Water Safety Resource is also available to support the delivery of this important element of the curriculum.

A GUIDE FOR PARENTS

To help support you in the delivery of your school swimming & water safety provision it may be useful to share this guide with parents and carers - to appreciate why it is important their child learns about school swimming and water safety and how it differs from after school swimming lessons.

We remain committed to doing everything I can to support schools to reach the national curriculum swimming and water safety attainment requirements.

We are here to work with you and welcome any questions or queries you may have about "all things swimming!" swimming@ahs.bucks.sch.uk

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Bucks School Swimming
Partnership (BSSP) School
Swimming Administrator



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Swimming Adviser



YOUR GUIDE TO THE YEAR AHEAD

To give you some prior warning into what we will be doing this academic year and needing your support with;

- **School Swimming Policy Checklist**

It's time for our annual School Swimming Policy Checklist. Two years ago, 256 schools completed this survey, and now we need your help to gather this year's data. The information you provide will help us analyse the data, identify areas where schools need support, and report our findings to our colleagues at Bucks Council.

Your responses on school swimming policies, risk assessments, and staffing qualifications will be RAG (Red, Amber, Green) rated. Schools that achieve a "Green" rating will receive a special Kitemark to recognize their achievement. We will continue to work closely with schools rated "Amber" or "Red" to help them achieve this standard.

- **Observing Swimming Lessons**

We'll be conducting site visits to observe swimming lessons in schools across the county. We'll provide a report with our findings directly to each school.

Helpful Links to Share

Here are some links that schools have found useful. Please share this email with relevant staff members.

- [BSSP Schemes of Work](#)
- [Bucks School Swimming Policy & Guidance 2025](#) (Checklist on PDF page 17)
- [RNLI - Youth Education](#) (Drowning Prevention Week)
- [Swim England Swimming Charter](#) (Free Resources)

- **Working with Leisure Centre Staff**

We will be working closely with leisure centres and swimming teachers this academic year to improve the quality and consistency of school swimming and water safety lessons. To support this effort, we plan to deliver bespoke Continuing Professional Development (CPD) sessions for their staff.

- **Staff Qualifications**

A minimum of 2 trained members of School Staff should be on poolside at all times and this may need to be increased in line with the Risk Assessment. School Teachers should accompany their own classes to their school swimming lessons whenever possible, as they know their pupils well. They should have an overview of the teaching of their pupils and the conduct of their class. There should be a nominated member of staff accompanying each group, who holds responsibility for:

- Progress of pupils
- Assessing confidence and competence of accompanying staff (with guidance from leisure provider staff)
- Enforcement of policies and procedures
- Sharing of procedures and standards to all school staff involved in the School Swimming and Water Safety lesson

They are also likely to be responsible for assessing the pupils and identifying attainment, which needs to be recorded as part of the PE and Sport Funding.

To avoid disappointment and ensure your staff's qualifications don't expire, please plan well in advance. Our custom-designed Online Refresher course can help keep costs to a minimum.

Swim England now recommends training every five years. If you're unsure about your staff's qualification status, contact us so we can check our database and advise you. You can find our course dates and booking forms [here](#).

A reminder to schools with their own pools: You are responsible for ensuring staff are properly trained in both teaching and lifeguarding. Information on lifeguarding qualifications is available [here](#). Please contact us if you need any support.



- **Advice on 'Pop-Up Pools'**

Bucks Council does not recommend that any of its schools (Local Authority Maintained) use temporary, 'pop-up' pools. For schools that decide to use such provision, please refer to the latest [Swim England guidance on temporary pools](#). Guidance may also be sought from the Bucks Council Health and Safety Team (see [Appendix C2](#)).

Schools that choose to proceed against Bucks Council's guidance must inform the Bucks Council Health & Safety Team and book a monitoring visit before any contracts are signed. Please contact caron.owens@buckinghamshire.gov.uk to arrange this.

National Rescue Award for Swimming Teachers and Coaches (NRASTC) Training Dates

For staff requiring NRASTC Training please contact our accredited trainer, Kelly Jagger of Common Sense Training Ltd- kelly@commonsensetraining.co.uk 07967 331 454 / 01923 589 950 who is running the below courses.

17th October - [NRASTC Renewal](#) at Aylesbury Grammar School

18th & 19th November - [NRASTC training](#) at Chiltern Wood School

9th December - [NRASTC Light](#) training at Chiltern Wood School (PROVISIONAL)

Your guide to the School Swimming Policy Checklist

As mentioned previously, you will soon be receiving the School Swimming Policy Checklist to complete. Before you start, please refer to page 17 of the [Bucks Safe Practice in School Swimming Policy](#) and Guidance document. On this page, you'll find a checklist of requirements. This list covers everything included in the School Policy Checklist, so as you work through it, you'll be well-prepared to fill out the form when it arrives.

Tips for Completing the Checklist

- Read through your school's swimming policy.
- Complete the [checklist of requirements](#) (found on page 17).
- Have all relevant risk assessments and hire agreements ready.
- Make sure your swimming folder is up to date and accessible.
- **Ensure you have read and are familiar with the [Safe Supervision of Programmed Swimming Lessons and Training Sessions in Swimming Pools](#) document.**
- **Ensure you have read and are familiar with the [Health and Safety in Swimming Pools](#) document.**
- **Ensure you have read and are familiar with the [Code of Practice - The Management and Treatment of Swimming Pool Water](#) document and the [Summary of Changes-Post Pandemic](#)**

SCHOOL SWIMMING AND WATER SAFETY CHARTER

Why do we recommend that your school signs up to the Charter?

- You gain access to extensive online resources which can help you to develop a great school swimming experience for the pupils you teach (through working with your leisure providers) but also in the classroom too
- It has been developed specifically to meet the required outcomes of the national curriculum programme of study for PE, covering both water safety and learning to swim

<https://www.swimming.org/schools/school-swimming-water-safety-charter/>



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 (STOSS)** - 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 (TOSS)** - 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. Our course candidates all receive BSSP & Swim England certificates on completion of the training.

COURSE DATES 2025/26

STAGE 1: SUPPORT TEACHER OF SCHOOL SWIMMING COURSES

Date	Time	Venue	Cost	Booking Status
02.10.25	09:30-16:30	Aylesbury High School (AGS pool)	£185	Open
20.11.25	09:30-16:30	Aylesbury High School (AGS pool)	£185	Open
04.12.25	09:30-16:30	Aylesbury High School (AGS pool)	£185	Open
29.01.26	09:30-16:30	Aylesbury High School (AGS pool)	£185	Open
12.02.26	09:30-16:30	Aylesbury High School (AGS pool)	£185	Open
05.03.26	09:30-16:30	Aylesbury High School (AGS pool)	£185	Open
30.04.26	09:30-16:30	Aylesbury High School (AGS pool)	£185	Open



STAGE 1: SUPPORT TEACHER OF SCHOOL SWIMMING COURSES

Date	Time	Venue	Cost	Booking Status
14.05.26	09:30-16:30	Aylesbury High School (AGS pool)	£185	Open
18.06.26	09:30-16:30	Aylesbury High School (AGS pool)	£185	Open
02.07.26	09:30-16:30	Aylesbury High School (AGS pool)	£185	Open

STAGE 2: TEACHER OF SCHOOL SWIMMING COURSES

Date	Time	Venue	Cost	Booking Status
16.10.25	09:30-16:30	Aylesbury High School (AGS pool)	£195	Open
16.04.25	09:30-16:30	Aylesbury High School (AGS pool)	£195	Open

REFRESHER Course (MUST be completed within 5 Years of original qualification). Eligibility will be checked prior to confirmation

Date	Time	Venue	Cost	Booking Status
25.09.25	16:00-18:00	Online	£45	Open
08.01.26	16:00-18:00	Online	£45	Open
22.04.26	16:00-18:00	Online	£45	Open

STAGE 1 & 2: Combined; Secondary Teacher of School Swimming Course

Date	Time	Venue	Cost	Booking Status
15.01.26	09:30-16:30	Aylesbury High School (AGS pool)	£195	Open



BUCKS SCHOOL SWIMMING PARTNERSHIP

SWIM ENGLAND SUPPORTING PUPILS WITH SEND DURING SCHOOL SWIMMING

Why?

We are pleased to be able to offer this **specially adapted** Swim England Support Teacher of School Swimming Course which is aimed at staff in Special Schools or staff working in mainstream schools with pupils who have sensory and physical needs. This is a minimum requirement for all staff who accompany pupils to swimming lessons in Buckinghamshire.

This Swim England certificated course comprises the National Curriculum Training Programme and is recognised by the Department for Children, Schools and Families (DCSF) and by the Professional Development Board for Physical Education.

Course aims?

- Develop an awareness and greater understanding of SEND and Inclusion within National Curriculum Physical Education,
- Identify good practice with regards to health and safety,
- Understand roles and responsibilities,
- Gain an understanding of the barriers to swimming and Identify methods/strategies/techniques to overcome these for swimmers with SEND/Inclusion needs,
- Have an understanding of the importance of adapting your lessons to meet the individual needs of these swimmers,
- Identify the methods of communication and resources to support swimmers with SEND/Inclusion needs,
- How to develop water confidence using core aquatic skills?
- How to introduce the swimming strokes?

Pre requisites

- Delegates **MUST** be able to swim and be confident and competent in the water,
- Delegates are required to hold a current DBS certificate.

Led by a Swim England Licensed Tutor, this course consists of 6 hours contact time and includes theory and a water based practical session. Participants will learn practical strategies to enable pupils with sensory and physical needs to make maximum progress within their school swimming programme.

Who can attend?

Teachers, TA's, LSA's, DBS checked school staff, Trainee Primary School Teachers

How Much?

£185 (including Swim England course materials and certification). Delegates will need to bring their own lunch and refreshments. Cancellations less than 14 days prior to the start date of the course will be charged in full.

This is a one-day course from 8.30am to 4.30pm and includes Swim England course materials and certification.

How Do I Book?

Please visit the Bucks School Swimming Website [here](#) and submit a booking form for the course dated **Thursday 13th November 2025**.

[Bucks School Swimming Partnership website](#)




WINTER WATER SAFETY

In winter, children and pets are particularly at risk when playing on ice that has formed on open water. Adults who attempt to rescue them also put themselves in danger.

Taking a walk in the cold weather with your family, friends, or dogs can be refreshing, but it's crucial to know how to stay safe. One in five (21%) of UK drownings happen in winter.

Water safety doesn't have to be taught in the water. We encourage schools to include it in their classrooms throughout the school year. The RNLI and RLSS have many resources on their websites that can be used in lessons or sent home to educate parents and families. Please see the links below for classroom ideas and infographics to share.

SEND Resources

SEND water safety education resources.



Early Years (ages 3-5)

Water safety education resources for Early Years (ages 3-5).



Primary (ages 5-7 and ages 7-11)

Water safety education resources for ages 5-11. Also available in Welsh.



Secondary (ages 11+)

Water safety education resources for ages 11+. Also available in Welsh.



Lower primary: age 3-7

Explore our comprehensive suite of water safety teaching activities, lesson plans and learning resources, aimed at primary school pupils.



Upper primary: age 7-11

Explore our comprehensive suite of water safety teaching activities, lesson plans and learning resources, aimed at older primary aged children.



Lower secondary: age 11-14

Explore our comprehensive suite of water safety teaching activities, lesson plans and learning resources, aimed at secondary school students.



Upper secondary: age 14-18

Explore our comprehensive suite of water safety teaching activities and learning resources, aimed at secondary school and college learners.



Winter water safety

In winter, children and pets are particularly at risk when tempted to play on the ice formed on open water, and adults can find themselves at risk in attempting to save them.

Taking a nice walk in cold weather with your family, friends or dogs in tow can be really refreshing, just make sure you know some simple tips on how to stay safe in winter.

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

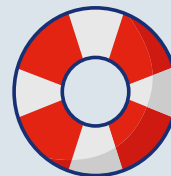
Teach children not to go onto ice.

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 coldwater 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.

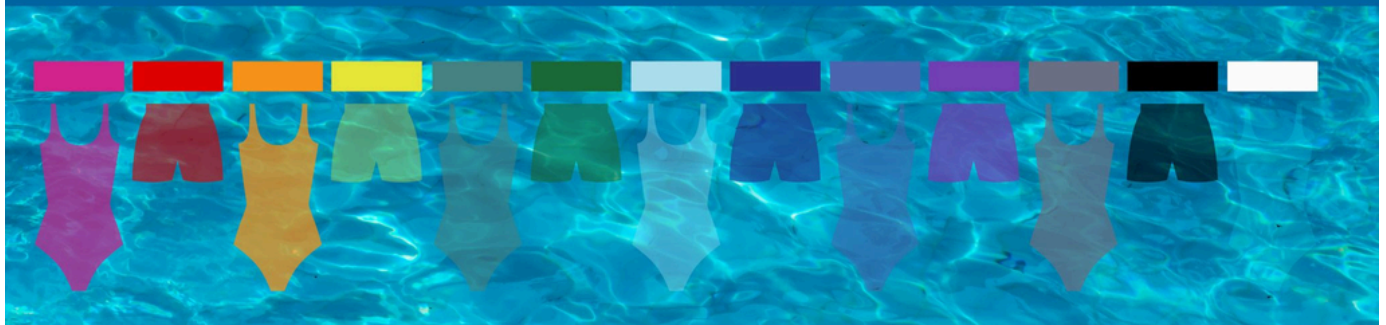


Storm Force membership

Sign your little ones up to Storm Force and get real rescue stories, cool facts, and fun activities in our quarterly youth magazine.

SIGN UP

SWIMWEAR VISIBILITY IN POOL WATER



SWIMWEAR VISIBILITY IN OCEAN WATER



As we wrap up this newsletter, we'd like to emphasize the importance of school swimming programs. They are crucial for teaching a vital life skill and ensuring the safety of our students in and around water.

We look forward to working with you this academic year. Should you have any questions regarding your school swimming programme please do not hesitate to get in touch with us.