



Ard Rí Community National School
Balreask Old,
Navan,
Co. Meath

Roll No. 20352T

Swimming Policy (DRAFT)

September 2025

Introduction

Ard Rí Community National School (CNS) is a multi-denominational, co-educational, state primary school, under Patronage of the Louth Meath Education & Training Board. Ard Rí CNS is committed to the education and development of each pupil.

At Ard Rí CNS we aim to protect the wellbeing of our pupils and staff by providing a safe and nurturing environment. As a Community National School our ethos is underpinned by the core values of: Excellence in Education, Care, Equality, Community and Respect



Ard Rí CNS has regard to both the physical and mental development of each of its pupils. Believing that a healthy body promotes a healthy mind, the school arranges for a six week course of swimming instruction in the Aura Leisure Centre for all pupils from 1st Class to 6th Class each school year.

Aims/Purposes

- To enable pupils to acquire basic swimming skills while they are at Ard Rí CNS.
- To comply with the requirements of the curriculum content in the aquatics strand of the Primary School Physical Education Curriculum.

Aquatics Strand of Physical Education Curriculum

The Aquatics strand includes the following strand units:

1. Hygiene
2. Water Safety
3. Entry to and exit from the water
4. Buoyancy and propulsion
5. Stroke development
6. Water-based ball games
7. Understanding and appreciation of aquatics

Lessons will be taught in the school to cover some aspects of the strand units listed above e.g. Hygiene and Water Safety. However, it will be necessary for the children to attend a swimming programme at the local facility to ensure every opportunity is given to them to become competent and confident swimmers.

Instructional Arrangements

- The School Principal, Assistant Principal with responsibility for Wellbeing and secretary will organise the swimming programme.
- Lessons at Aura Leisure Centre have been reserved for six-week block. Each pupil will from 1st to 6th Class will attend annually. Lessons last for 40 minutes.
- To allow for the different levels of swimmers to be spread out over various sections of the pool at least two class groups will attend at the same time. The breakdown of classes attending swimming depends on class sizes and pool availability.
- Instruction in the pool will be provided by qualified swim teachers who are Garda Vetted. It is the responsibility of the swimming instructor to decide on what swimming group level each child should be swimming with. This is determined at the first week of the swimming lesson term. The class teacher does not determine what level each child should swim with and cannot facilitate any requests regarding same.
- All swimming instructors used to supplement the delivery of the Aquatics Module of the PE Curriculum will be made aware of school policy and act in accordance with the requirements of the Children First Act 2015, Children First: National Guidance for the Protection and Welfare of Children 2017, Child Protection Procedures for Primary and Post Primary Schools (revised 2025) and the school's Child Safeguarding Statement.
- The pool will be provided with information regarding any child with a Special Educational Need, physical disability or medical diagnosis that may compromise their safety at swimming, e.g. Epilepsy, diabetes
- The class teacher will discuss this policy with the children prior to commencing lessons.

Travel and Supervision Arrangements

- Pupils will travel by bus to the pool. Pupils will be accompanied by and supervised by their class teacher and SNA (where applicable) on the way to and from the pool.
- School staff will provide supervision before and after the swimming lesson.
- During lessons school staff will remain pool side at all times in order to supervise the overall group and pupils who may need to use the toilets during the lesson.
- In the case of a child feeling unwell during the swim session they will be monitored by school staff in the viewing deck area.
- The pupils will use cubicles in the changing area. Pupils in the same class / siblings may share cubicles. Communal changing / team changing room may be used. In this case all pupils will be of the same gender.
- As the swimming lessons are taking place in school time and all children participating are in the care of the class teacher, parents are not permitted to enter the changing area before, during or after the swimming lessons. In the interests of child protection, the Board of Management and staff of Ard Rí CNS will fulfil all of the requirements set out in the Department of Education and Skills Circular 0063/2010 relating to Garda vetting.

Procedures Guidelines

- Attendance at this course fulfils the Aquatics Module of the PE Curriculum as laid down by the Department of Education. Costs incurred by hiring of pool, payment of instructors and payment for transport, necessitate a charge being imposed on each pupil. Inability to pay will not preclude a pupil

from participating fully in swimming lessons. Please contact the Principal in confidence on this matter if applicable.

- All children are encouraged to participate in aquatics lessons as part of the Primary School Curriculum. Should a child be unable to attend aquatics, due to a medical condition or other reasons, a letter must be written to the school requesting exemption. Should a child be unable to attend one lesson due to ill health or any other reason, a letter must be given to the class teacher. In both cases the pupil will remain in the school under the supervision of another class teacher, with work assigned to them for the duration of the swimming lesson(s). Which class the pupil will go to is left to the discretion of the Principal.
- Parents/guardians will receive a standard letter providing information on school swimming before their child starts their swimming term. The fees for swimming lessons must be paid through relevant link sent from Way2Pay.
- All children attending the course should wear their tracksuit to school. It is strongly advised that swimming togs be worn under tracksuits coming to school on the day of lessons. Each child must have their own togs (without pockets), swim cap, goggles (if required) and towel. Ensure your child has a swimming cap as they will not be admitted to the water without one.
- Your child's swimming bag must be big enough to fit all of their belongings including footwear as all items are stored in lockers during lessons (sports bag or similar with secure zip or other fastening). All items brought to the pool must be clearly labelled with the child's name. This includes the bag, tracksuit, socks, underwear and shoes.
- Time is limited so there are no showers after swimming and toiletries are not permitted. Spray deodorants etc. must not be brought to the pool as the dressing rooms are confined spaces.
- Children must be able to dry and dress themselves independently if they attend swimming lessons. If a parent is concerned that their child is unable to dress independently, a parent can seek permission from the school principal to assist their own child before and after the swimming lesson. A permission form will be attached to the swimming notification letter. Parents will not be permitted under any circumstances to assist another child.

Health and Safety

- Best practice in relation to the supervision, instruction and child protection procedures as outlined by the Irish Sports Council, Swim Ireland and the National Safety Council will be adhered to at all times. Swimming pool staff will follow the guidelines of Ard Rí CNS's Health & Safety and Child Protection policies at all times.
- In the best interest of the child, it is the duty of parents/guardians to inform the class teacher and/or Principal with regard to any health condition that may affect the child in the pool. This information will be held in confidence and provided on a need to know basis to the swimming instructors.
- Pupils are required to behave at all times in a manner that ensures the safety of all involved in school swimming including travel to and from the pool. Pupils must endeavour to obey the instructor's orders at all times and comply with the school Code of Behaviour and pool's Health and Safety Guidelines. Children who do not follow the school's Code of Behaviour will not be permitted to attend further swimming lessons. There will be no refund should this situation arise.
- If a child requires the use of the toilet, it is the school policy that they must seek their instructor's and teacher's permission before they leave the pool deck.

- As per the [Ard Rí CNS Acceptable Use Policy](#) mobile phones are forbidden to be brought to the swimming pool premises by both adults and children for child protection reasons.
- If there is an incident of wetting, soiling or vomiting on clothes, the schools [Intimate Care Policy](#) will be followed.

Pupils with Additional Needs

- Where a pupil requires assistance with toileting / intimate care the schools Intimate Care Policy is followed. This arrangement will be previously discussed with parents and a signed letter of consent will be kept on file. In this case a Special Needs Assistant (SNA) may assist pupils to undress and dress before and after swimming lessons under the supervision of the class teacher.
- A SNA may be needed to assist the child to enter and exit the pool and be available at all times on deck during the swimming lesson to take the child from the swimming instructor if he/she was no longer taking part in the lesson. SNAs are not required to enter the water with the child. They do not have sufficient training to do so.
- It is the responsibility of the instructor, be it an individual or group instructor to teach all pupils their swimming lessons. It is the decision of the swimming pool staff whether or not the pupil is capable of being in a group swimming situation or an individual one. This depends on the ability of the individual child in the water.

Monitoring / Evaluation / Review

This policy has been made available to school personnel, published on the school website, is available from the school office and provided to the Parents' Association. A copy of this policy will be made available to the Department and the patron if requested.

Ard Rí CNS will review this policy periodically. The policy may also be reviewed at an earlier time should a need arise. Parents and staff will be informed of any amendments made. Written notification that the review has been completed will be made available to school personnel, published on the school website and provided to the Parents' Association. A record of the review and its outcome will be made available, if requested, to the patron and the Department.

Board of Management Policy Consultation Log

Please present this form to your BOM when considering the policy at BOM level for ratification

School:	<i>Ard Rí Community NS</i>
Policy:	<i>Swimming Policy</i>

Staff Consultation:

Date of Final Consultation:	
Proposed By:	
Seconded By:	

Parents Consultation:

Date of Final Consultation:	
Proposed By:	
Seconded By:	

BOM & LMETB Ratification/Resolution Process for This Policy

BOM Ratification

Date Ratified by the Board of Management:	
Proposed By:	
Seconded By:	
Signed	

LMETB Ratification/Resolution of the ETB Board

Date of Resolution of ETB Board	
Signed	(Chairperson)