



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

Roll No. 20352T

Swimming Policy

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 pool 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 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.
- Qualified swim teachers will provide instruction. They will assess and assign each child to an appropriate group level during the first week of lessons. Class teachers do not determine levels and cannot facilitate requests regarding group placement
- Where relevant, the swimming instructor 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 and from the pool. They will be accompanied and supervised by their class teacher and an SNA (where applicable).
- All pupils will be allocated their own individual changing cubicle. Siblings may share a cubicle.
- Staff will supervise the changing area from outside the cubicles and be available if assistance is required. Staff will not enter cubicles except in the case of an emergency or if a pupil requires specific support, in line with the school's intimate care policy.
- As the pool is a public facility, pupils will be reminded that other users may be present. Staff will ensure pupils move safely and directly between the changing cubicles, toilets and the poolside.
- During lessons, school staff will remain poolside at all times to supervise the overall group, including pupils who may need to use the toilets.
- In the case of a child feeling unwell during the swim session, they will be monitored by school staff in the viewing deck area.
- As the swimming lessons are taking place in school time and all children participating are in the care of the class teacher, only parents who have requested permission to assist their child are permitted to enter the changing area.

Procedures Guidelines

- Attendance at this course fulfils the aquatics strand 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 parents must notify the school in writing. 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 lessons.
- 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 going swimming 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 suitable swimming togs, swim cap, goggles (if required) and towel. Children will not be admitted to the water without a swimming cap.
- 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.
- 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

- 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 may 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 Ri CNS Acceptable Use Policy](#) pupils are not allowed to bring personal and internet-enabled devices or devices with cameras to the swimming pool for any reason.
- Where pupils require medication (e.g. inhalers, EpiPens), this will be brought by school staff to the pool and stored safely throughout the trip. Teachers will ensure that any medication stored in school is taken on all outings, including swimming lessons, and is accessible if needed. Pupils are not permitted to carry medication in their school bags unless a specific agreement is in place in line with the school's Administration of Medicines Policy.

Pupils with Additional Needs



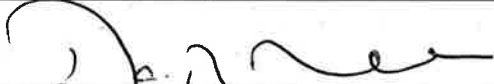
- Where a pupil requires assistance with toileting / intimate care, the schools Intimate Care Policy is followed. This arrangement will be previously discussed with parents and a signed consent will be kept on file. In this case a Special Needs Assistant (SNA) may assist pupils to undress and dress before 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/teachers 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

Ard Rí will review this policy periodically. This policy has been made available to school personnel and published on the school website. A hard copy can be made available from the school office upon request.

School Policy Board of Management Ratification Documentation

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| School Name | Ard Rí CNS |
| Policy | Swimming Policy |

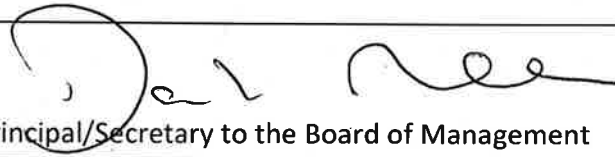
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| Ratified at the BOM meeting on: | 11/09/2025 |
| Proposed By: |  |
| Seconded By: | Caroline Noonan. |
| Signed: | Chairperson  |
| Signed: | Principal  |

School Policy Consultation Documentation

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|----------------------------------|-----------------|
| Student Consultation: | Yes ✓ No |
| Ratified at a meeting on: | 11/09/2025 |
| Proposed By: | Livia Dora |
| Seconded By: | Tiernan Barrett |

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|---------------------------|----------------|
| Staff Consultation: | Yes ✓ No |
| Ratified at a meeting on: | 09/09/2025 |
| Proposed By: | Wilma Roe |
| Seconded By: | Sarah Anderson |

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|-------------------------------|----------------|
| Parent/Guardian Consultation: | Yes ✓ No |
| Ratified at a meeting on: | 11/09/2025 |
| Proposed By: | Shelley Mercer |
| Seconded By: | Ciara McManus |

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|---------|--|
| Signed: |  |
| Date: | 11/09/2025 |