

All Children Please Bring Clothes to wear During their next swimming lesson

Dear Parent/Carer

Personal Survival Lesson

All swimmers please attend their next lesson dressed in clothes, with swim costume worn underneath.

Appropriate Clothing to Wear

3 Items:

1. Long-sleeved shirt or top (NOT short-sleeved)
2. Long-sleeved jumper, cardigan or hoody
3. Trousers, jeans or dress/skirt

Please could you ensure that the clothing is **NOT PYJAMAS**.

How We Will Operate the Session

- Our teachers will be running the session together, unless there is a large discrepancy in ability-levels, in which case the session may be run in groups.
- All swimmers will be very carefully managed, and any who usually wear muscles will ***still wear muscles***.
- Swimmers will only perform tasks *they are capable of managing* – this will not be a high stress environment.

Background Info

- Effective self-survival techniques and swimming skills are THE MAIN THINGS your child needs to learn, bar none.
- The safest place to learn self-survival techniques is in a warm, safe, controlled environment, supervised by knowledgeable and empathetic staff (rather than a *cold, extremely unsafe, unsupervised highly dangerous open water environment; think River Thames!*). We will provide this.
- We will introduce the swimmers to this set of skills in a highly managed, very controlled very SAFE and non-threatening environment.
- To gain MAXIMUM BENEFIT from this experience, the HEAVIER the clothing worn THE BETTER – please do not worry that we will over-exert, endanger or upset your child; we won't. This would contradict the core parameters of our basic operating method, wherein we focus on children always being safe, cared-for, positively motivated and happy without undue stress or fear.
- Please also see our parental self-survival swimming guidance document.

Basic Water Safety

This document is only a very brief introduction to a very important topic: self-survival in water. A high proportion of drownings occur within feet of safety. Cold water (such as that found in the sea, rivers, lakes, canals and reservoirs of the UK) quickly leads to hypothermia in children. Please read the following information, but also supplement this with a visit to the Royal Society for Prevention of Accidents (ROSPA) website, where further information and resources are available.

The first and cardinal rule:

DO NOT LET YOUR CHILDREN SWIM ALONE AND UNSUPERVISED.

Be aware and make your child aware of **THE WATER SAFETY CODE**

(See rospa.com)

Advice for one who falls into water clothed and with no visible assistance available:

1. Allow yourself to float upwards back to surface.
2. Float and orientate yourself (LOOK FOR SAFETY).
3. Only take off very heavy clothing (ex: shoes, overcoats).
4. Either:
 - a. Swim to nearest safe point (if such an exit point is available)
 - Swim using an efficient and energy-saving stroke – ideally one where arms are underwater
 - Do not attempt to swim too fast
 - Sometimes you may HAVE to swim fast (ie in fast-flowing water). If possible swim *across* and *with* (diagonal to) the current.

Or:

- b. Use Safety Float technique (HELP float {Heat Escape Lessening Position}).
 - Use any floating object available to assist with floating
 - Tuck up knees and tuck-in arms – conserve heat
5. When arriving at the side, ALWAYS GET OUT OF THE WATER AS QUICKLY AS POSSIBLE – Potential hypothermia is now the biggest problem!