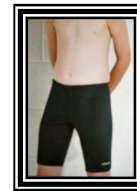


KIT

- **Boys:- Swimming Trunks / Shorts**
- (must be no longer than mid-thigh and tight fitting)
- **Girls:- One piece swimming suit**
- **Towel**
- **Flip-flops or sandals**
- **Water-proof swimming bag** (with toiletries)
- **Swimming cap / Hair ties as necessary** (see note below)
- **Goggles** (optional from KS2 onwards only)



- ✓ **Asthma - Students who suffer from this condition are strongly advised that they should have their inhalers poolside during all lessons.**
- ✓ **Drinks - Students should bring a drink of water to all lessons.**
- ✦ **Do NOT send students into school with his / her swimming costume under their uniform** (unless they are swimming first lesson) This is not hygienic. Our pool is used by some 900 children every week and we aim to maintain as good a quality of water as we can, whilst limiting the use of unpleasant chemicals.
- ✦ **Do NOT send students into school with Arm bands and / or swimming costumes with integral floats.** The BSM has large number of swimming aids including armbands, swim boards, 'noodles', etc. and teaching staff will use a variety of these as and when necessary to the lesson planned and individual needs.
- ✦ **Goggles of any description below KS2.** In Foundation and KS1, we feel it is vital that the student be able to cope with "wet eyes", if only for their own safety. In KS2 and above, goggles are acceptable as long as they fit properly and do not cause unnecessary delay or lack of attention to the lesson due to constant adjustment etc. Please note that swimming staff are there to teach and not to adjust ill fitting accessories or to help dress students, tie hair etc. This takes already limited teaching time away from other students and is therefore unfair to them. If provided in KS2 and above, goggles should be proper swimming goggles and not encompass the nose or mouth. Snorkelling or diving masks are not acceptable at any time. **We strongly recommend that students bring their own goggles and do not "borrow" them as this can lead to the spread of eye infections.**
- ✦ **Long hair MUST be tied back in such a way as to keep it out of the face irrespective of gender.** Swim caps are ideal where the hair is too short to be tied back but too long to remain loose. Students must come to Swimming with their own hair bands / clips / ties / caps and be able to tie their own hair. Our experienced swimming staff will determine whether the hair needs to be tied back or a cap worn and inform the student accordingly. However caps are highly recommended for all swimmers for health and hygiene purposes. Silicone caps are the best value and can be obtained from various sports shops as well as Sultan Centre.
- ✦ **NO jewellery, watches or extra items may be worn at any time. If earrings cannot be removed, studs only may be worn and these must be taped.** If earrings are to be taped or removed, students must be able to do this for themselves and if necessary, bring their own tape to lessons. In Primary, these items should be left with the class teacher. In Senior, they may be left in the care of the teacher in charge. **Under no circumstances will the school be responsible for valuables left in the changing rooms.**

Failure to bring adequate kit to Swimming lessons will be recorded and appear on the student's report.

If a student cannot participate in a Swimming Lesson for any reason, a note explaining this must be provided to the Swimming staff taking the lesson. Failure to do so will result in the student's record being marked swimming, a doctor's certificate is required.

Lost Property: Students are advised to check the changing rooms in the first instance. Should lost items not be there, the next place to look will be in the lost property box located at the pool.