

St Felim's National School



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Roll No. 18564W
Charity No: 20109967
Principal: Mrs. Eilís Keegan
Deputy Principal: Mrs. Patrice Clarke

Leiter, Bailieborough, Co. Cavan A82 CX30

September 2025

Swimming Policy

Aims/Purposes

- To enable pupils to acquire basic swimming skills while at St Felim's National School
- To comply with the requirements of the Revised Curriculum in aquatics
- To communicate the procedures that pupils and staff will follow at the pool

Policy Content:

- St Felim's National School arranges for a course of swimming instruction in Bailieborough Leisure Centre, Bailieborough, for pupils in Second, Third and Fourth classes during the school year.
- Children who are unable to attend lessons as a result of a medical issue must supply a medical certificate. If a child cannot participate in a lesson or lessons for any other reason, they should provide the teacher with an explanation in writing. Such pupils remain in the school in another classroom with appropriate work until their class returns.
- Swimming lessons are considered part of the regular school timetable and therefore differ from once-off school tours and excursions. The class teacher will accompany their class to swimming lessons. Where the needs of the class warrant additional support, a second member of staff may also attend. The supervision ratios set out for school tours and excursions do not apply to swimming lessons.
- Bailieborough Leisure Centre will be reserved for six-week blocks. Classes will usually run at the pool from 11-12 am on Thursdays. These lessons are booked before the commencement of each academic year. The cost of the swimming lessons is €50. This fee may be subject to change. It covers the cost of hiring the pool, payment of instructors provided by the pool, and the cost of transport to and from the school.

Please Note: Bailieborough Leisure Centre remains open to the public at all times, even while swimming lessons occur. All pupils attending St Felim's NS will use the studio changing rooms for changing. These are located away from the public changing rooms.

Swimming Procedure

Before lessons commence:

- The school Principal will liaise with staff in Bailieborough Leisure Centre to review instruction, logistics and arrangements for changing clothing in advance of the commencement of swimming lessons annually.
- A letter outlining the swimming programme will be emailed to parents in advance of all blocks of swimming lessons. A copy of our swimming policy will be forwarded to all parents before the commencement of classes.
- St Felim's N.S. will inform the pool of any pupil with a SEN before lessons begin.

- Class teachers will inform the pool staff of the number of children attending swimming weekly.

Please note the following arrangements:

- Pupils must wear tracksuits. The school recommends that all children wear their swimming costumes under their tracksuits. Each child should have a suitable bag to carry their swimming gear. Swimming hats are compulsory in the pool.
- We advise parents to label all clothing brought to the pool, including tracksuit tops and bottoms, white polo shirts and underwear. The school cannot accept responsibility for pupils' belongings mislaid at the pool.
- The school recommends that parents prepare their child/children for undressing/dressing after swimming lessons in advance of the lessons.
- Children should rinse in the shower after swimming. Pupils should not shampoo their hair as there is insufficient time to do so. Children should not bring deodorants, hairdryers, aftershave, hair gel, shampoo or conditioner to lessons.
- Parents who wish to travel to Bailieborough Leisure Centre to assist with drying and changing their own children, or to attend to pupils with SEN may of course do so.
- All parents assisting their child/ren with dressing/undressing must use either the public changing rooms or the family changing rooms.
- Children with long/mid length hair should plait it where possible to make it easier to put on swimming hats. The school highly recommends that children with long hair bring turban towels with them and wrap their hair in them immediately after the lesson. They may wear these back to school if necessary.
- Pupils should not bring any valuables with them to swimming.

At the Pool

- Pupils will line up at the entrance to the swimming pool and walk to the male and female studio changing rooms to prepare for swimming lessons. These changing rooms are not open to the public.
- Boys will use the male studio changing rooms and girls will use the female studio changing rooms.
- School staff will supervise in the corridor outside these changing rooms. Male teachers may enter the male changing rooms and female teachers may enter the female changing rooms if necessary.
- The children will undress and put their clothes in their bags for safekeeping so that they do not get mixed up. Pupils should not touch any other child's belongings while at the pool.
- Once ready, pupils will leave the changing rooms and wait on deck for pool attendants.
- Pupils who need to use the bathroom during swimming lessons must use the bathroom in the studio changing rooms.
- Pupils should put any rubbish in the bins provided and leave the changing rooms as they found them.
- On return to school, children will eat their lunch.

Can Parents help?

Parents who wish to come to lessons to assist their children are welcome to do so. Those who wish to change their child must do so in the public changing rooms or in the family rooms. Parents are requested to escort their children poolside before lessons and be ready to collect them and bring them back to public changing rooms or family changing rooms once lessons are finished. Parents are then requested to bring children to the studio changing rooms to line up with their classmates once ready to come to school.

Travel Arrangements

Pupils will travel to the pool by bus. The conditions of bus hire as set out in the school tour/excursion policy will apply.

Health and Safety

Pupils are required to behave at all times in a manner that ensures the safety of all involved in school swimming. Pupils should obey the pool instructor at all times. Pupils are under the supervision of pool staff while in the water. The school's Code of Behaviour applies while at the pool.

Roles and Responsibilities

The Principal and staff will implement and monitor this policy.


Monitoring, Evaluation and Review

This policy will be reviewed every three years as part of the school's three-year review cycle, or earlier should the need arise. It will be monitored by the Principal. This policy will be effective from the date of ratification.

The policy was ratified by the Board of Management of St. Felim's N.S. on 11 September 2025.

Signed: 
Gerry Sheanon Chairperson – Board of Management

Date: 11/09/2025

Signed: 
Eilís Keegan –Principal

Date: 11/09/2025