

## INTRODUCTION TO SCHOOL SWIMMING AT SALT ATRE LEISURE CENTRE

### What your child needs to bring to Swimming Lessons

- A carrier bag/swim bag for the wet kit
- A Towel
- Girls – a one-piece costume
- Boys – Fitted swim trunks not loose shorts or Bermuda shorts
- A swimming cap must be worn if your hair is long enough to tie up.

We are unable to lend any swimming hats, costumes or goggles. It is important the above items are sent on the day your child is to attend swimming lessons so they are able to participate in the lesson.

For Safety and Hygiene reasons the following rules need to be observed

- All children are required to swim unless a note is sent from home.
- Children may swim with a Verruca; a protective sock is not mandatory.
- Plasters are not permitted.
- Goggles are permitted with a signed consent letter available from school
- Jewellery is not permitted; Earrings must be removed prior to swimming.
- Due to the limited Changing time, Toiletries are not recommended.

The life of swimwear can be significantly prolonged if not machine washed on a regular basis. The detergent in washing powder can rot the Lycra. Rinsing with cold water is sufficient.