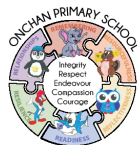




*"Inspiring minds to ignite lifelong learning"*



**Onchan Primary School**  
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8<sup>th</sup> July 2024

Dear Parent/Guardian,

**SWIMMING** is beginning for our Year 3 children on **Friday 13<sup>th</sup> September**. Your child will need the following kit with them:

**Boys**

- Swimming trunks (**NO** loose shorts)
- Swimming hat (if they have long hair)
- Towel
- Earrings must be removed or a swimming earring band worn

**Girls**

- One-piece swimming costume (**NO** bikinis/tankinis)
- Swimming hat
- Earrings **MUST** be removed or the correct swimming earring band worn.
- Towel

\*Children who swim frequently or whose eyes are susceptible to irritation may wear goggles. Please ensure that your child can put on and take them off in the correct and safe manner.

If your child does not have the above kit, they will not be allowed in the pool. If your child is unwell or has an injury that prevents them from swimming a note will need to be provided and signed by a parent/guardian.

It is the aim of the Primary School swimming programme that all children achieve their Green swimming award by the end of Year 6. (Please be aware that if your child attends swimming lessons outside of school the levels attained are different to the Department of Education swimming grades.)

*This certificate is the performance measure used by the Department of Education, Sport & Culture when monitoring and measuring the success of the Isle of Man Primary School Swimming programme for key stage 2 children.*

1. Scull **HEAD FIRST** for 5 metres, return sculling **FEET FIRST** 5 metres
2. Demonstrate a reaching rescue using available equipment within 2 metres of the poolside
3. Demonstrate a throwing rescue using a flotation aid within 5 metre of the poolside
4. Swim 25 metres without pause demonstrating good technique in **ONE** of the following strokes: backstroke, front crawl, breaststroke, dolphin butterfly, lifesaving backstroke, sidesroke.
5. Perform two jumps into water of 1.5 depth or more:
  - Pencil Jump with arms by the side
  - Pencil Jump with arms above the head maintaining a streamlined position

If you have any questions please do not hesitate to ask.

Miss Cannell and Mr Reaney