

Durham Blue Coat C. E. Aided Junior School

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Head Teacher: Mrs L Grieve



6th January 2026

Dear Parents /Carers,

At Blue Coat, our aim is for every child to leave school being able to swim at least 25 metres so that they have an important skill for life. Drowning is still one of the most common causes of accidental death in children, so being able to swim is an essential life-saving skill.

5D will commence swimming on **Thursday 8th January** during the morning at Freemans Quay Leisure Centre.

In order to maintain a high standard of cleanliness within the pool and to safeguard the health of pupils using it, could you please follow the advice below:-

Swimwear

Each pupil needs to bring a towel and swimming hat, along with suitable swimwear: either a one-piece costume, swimming trunks or suitable bathing shorts, above the knee length.

- **Please Note: Bikinis, Bermuda Shorts, cotton t-shirts or loose-fitting clothing are not acceptable;**
- Costumes and trunks should not be worn to travel to the pool for hygiene reasons; pupils should change on arrival;
- All pupils should wear a swimming cap;
- Jewellery must not be worn in the pool. (*Earrings must be removed at home if your child is unable to remove them themselves*);
- The wearing of goggles should only be allowed exceptionally in school swimming lessons, when chemicals in the water may adversely affect eyes or to support visual impairment. When used, these items should be made of unbreakable plastic or rubber materials and should not inhibit the swimmer's ability to breathe;
- Hair gel must be washed out and plasters must not be worn in the pool;
- Talcum powder must not be used when changing;
- Pupils with a verrucae should **not** be excluded from County school pools. A verruca treatment can be applied before entering the pool;
- Pupils should be dried properly and dressed before leaving the changing room after a swimming session. Coats are recommended in the winter months to avoid catching cold;
- Pupils should be supervised at all times by a competent and responsible adult who is DBS checked;
- No pupil will be allowed into the pool without a swimming teacher present;
- Pupils should only be excused from their swimming lesson if they have a valid doctors note or at the joint discretion of the school staff and swimming teacher;
- Children with grommets are not usually allowed to swim, unless they have permission by their doctor.

Most importantly these lessons are enjoyable and one day could save the life of your child. If, for any reason you are unsure about whether your child should swim or not, please do not hesitate to contact the school for advice.

Yours sincerely,

L Grieve

Mrs L Grieve
Head Teacher

