



Updated September 2025

School swimming lessons

Dear Parent,

Your child is due to take part in school swimming lessons with SIL. Your child's health and safety are our priority, and I would like to make you aware of the following requirements, in advance of the lessons starting.

Swimming hats

All children must wear a swimming hat – if there are individual concerns regarding this, please speak to your child's schoolteacher who will contact us directly.

Glasses

Children wearing glasses will need to remove these whilst in the pool.

False nails

For the purposes of school swimming false nails refers to any nail that involves the use of UV light, including but not limited to builder gel, acrylic nails, nail wraps & shellac. This also includes any nails that are bought and stuck on with nail glue.

No child will be allowed to take part in the lessons if they have any of the above type of nail, this is not only to protect their safety but also that of others.

This does not apply to standard nail varnish, which is removed using standard nail varnish remover.

Earrings & jewellery

These should be removed before attending swimming lessons. If they are unable to be removed your child must have small stud earrings in and these must be covered using the swimming hat.

All jewellery should be removed before attending the swimming lesson. If they are unable to be removed your child will be required to wear tight fitting clothes, over the top of the jewelry, to ensure it is held tight to the skin. You will be provided with a letter to sign for this.

Should you have any questions or queries please speak to your child's schoolteacher who contact us if necessary.

Kind Regards