



ARCADIA GLOBAL SCHOOL

AGS Whole School Swimming Policy
2024-2026

Al Furjan
Dubai, United Arab Emirates

T: +971 4 559 9700 | info@arcadiaglobal.sch.ae | <https://arcadiaglobal.sch.ae> | PO BOX No. 391858

ALTRUISM **R**ESPECT **C**OMPASSION **A**SPIRATION **D**ETERMINATION **I**NTEGRITY **A**DVENTURE
GRIT **L**IFELONG **O**PTIMISM **B**RAVERY **A**LACRITY **L**EARNING



1. Introduction

Arcadia Global School recognises the immense value of swimming as an essential life skill and an integral component of physical education. In line with our core values of integrity, altruism, grit, alacrity, and optimism, we aim to provide a robust and inclusive swimming program that ensures all students develop confidence, competence, and a lifelong love of swimming.

This policy outlines the objectives, benefits, and support mechanisms for promoting swimming and swim lessons for all students.

2. Policy Objectives

The main objectives of this policy are:

- To ensure that all students at Arcadia Global School can swim competently, confidently, and safely over at least 25 meters.
- To foster a love for swimming as a lifelong activity that promotes physical and mental well-being.
- To provide access to high-quality swimming instruction as part of the physical education curriculum.
- To promote water safety awareness and teach students life-saving techniques.
- To encourage inclusivity and accessibility for all students, regardless of physical ability or prior experience.

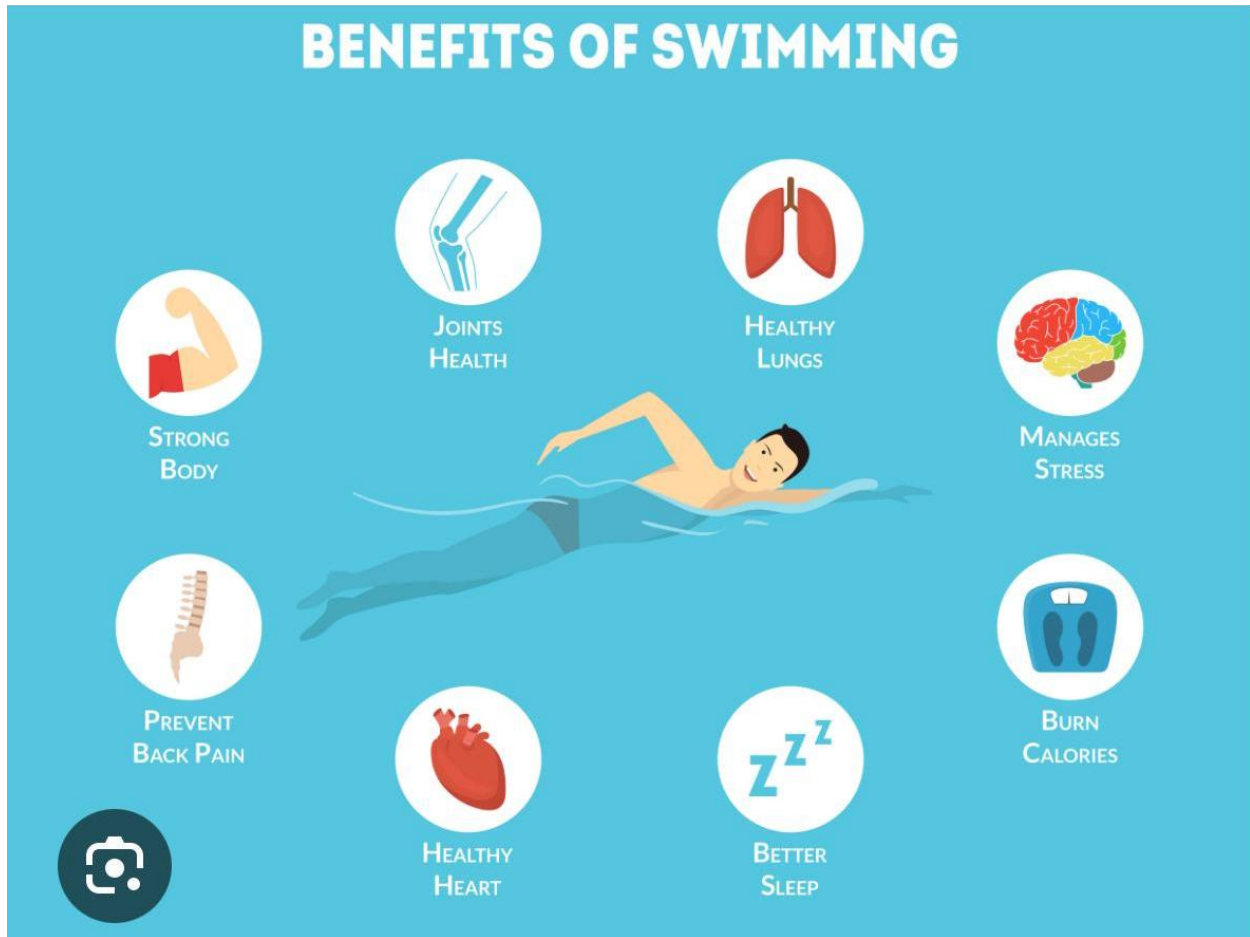
3. Benefits of Swimming and Swim Lessons

3.1 Physical Benefits

Comprehensive Exercise: Swimming engages multiple muscle groups, improving cardiovascular fitness, strength, flexibility, and endurance.

Low-Impact Activity: The buoyancy of water provides a safe environment for students to engage in exercise without stressing joints, making it suitable for all fitness levels.

Development of Fine and Gross Motor Skills: Through swimming, students develop balance, coordination, and spatial awareness.



3.2 Mental and Emotional Benefits

Confidence Building: Learning to swim builds self-assurance and resilience. Students experience personal growth by overcoming challenges and mastering new skills.

Stress Relief: Swimming promotes relaxation and reduces anxiety, offering a mental health boost through the release of endorphins.

Discipline and Focus: Regular swimming lessons foster discipline, goal setting, and perseverance, which contribute to academic and personal success.

3.3 Life-Saving Skills

Water Safety: Students will learn essential safety practices in and around water, equipping them with life-saving techniques and the ability to assist others in danger.

Risk Awareness: Instruction on water hazards helps students become aware of risks and act responsibly when in aquatic environments.

3.4 Social and Ethical Benefits

Inclusivity and Team Spirit: Swimming is a universal skill that transcends physical abilities, encouraging teamwork, cooperation, and mutual support among peers.

Community Building: Swimming fosters a sense of community by encouraging students to assist and motivate one another, reflecting the school's core values of altruism and integrity.

4. Program Structure

4.1 Swimming Curriculum

Compulsory Participation: Swimming will be a mandatory component of the Physical Education (PE) curriculum for all students from Foundation Stage through to Year 9.

Qualified Instructors: All swimming lessons are delivered by certified swimming coaches and instructors are trained in water safety and first aid.

Class Frequency: Each student will participate in one 50-minute swim lesson per week, with additional sessions offered during extracurricular hours with one of the private providers.

4.2 Adapted Programs

Differentiated Instruction: The program will be adapted to suit all levels of ability, from beginner to advanced swimmers, ensuring that no student is left behind.

Support for Students with Disabilities: Specialised equipment and individualized support will be available for students with physical or learning disabilities, ensuring that swimming is accessible to all. LSAs are expected to be in the pool with their allocated student.

4.3 Progress Monitoring

Assessment and Feedback: Students' progress will be monitored through regular assessments, and personalised feedback will be provided to encourage continuous improvement. **Missed lessons will be treated as absence for reporting of swimming progress unless the student has a medical cert stating no swimming.**

Recognition of Achievement: Students will receive certificates and awards for milestones such as distance swam, strokes mastered, and water safety knowledge.

5. Health and Safety Measures

Supervision: A certified lifeguard will be present at all swimming sessions.

FS swimmers will only be taught by Females as per KHDA Guidelines.

Pool Maintenance: The school will maintain a clean, hygienic, and well-monitored swimming facility in compliance with all health and safety regulations.

Medical Considerations: Students with medical conditions will have their needs addressed through Individual Education Plans. **The LSA may be required to support in the pool based on need.**

6. Parental and Community Involvement

6.1 Parental Communication

Parents will be regularly informed of their child's progress and achievements in swimming.

Information sessions will be held to discuss the importance of swimming, water safety, and the school's approach to swimming instruction.

6.2 Promoting Swimming Beyond the School

Arcadia Global School will encourage students to continue swimming outside of school hours by:

- Promoting local swim clubs and offering information about swimming competitions and events.
- Providing information on community-based swim programs and recreational swimming opportunities.

7. Inclusivity and Accessibility

The swimming program will be inclusive of all students, ensuring that factors such as disability do not limit participation. The school will provide swimming attire and equipment to students in need, if required or available.

8. Implementation and Review

The swimming program will be reviewed annually to ensure its effectiveness, inclusivity, and alignment with the school's values of grit, optimism, and alacrity. Feedback from students, parents, and staff will be incorporated to continuously improve the swimming experience for all.

In safe, clean, and well-maintained private pools, the risk of illness is **very low**, but the following can still occur:

- **Waterborne Illnesses:** Swallowing small amounts of pool water can sometimes lead to stomach issues like diarrhoea, caused by resistant germs like **Cryptosporidium**.
- **Chlorine Sensitivity:** Some children may experience **skin, eye, or respiratory irritation** from chlorine, especially if sensitive or prone to asthma.
- **Ear Infections: Swimmer's ear** can occur if water remains trapped in the ear after swimming, leading to bacterial infections.
- **Fungal Infections: Athlete's foot** may develop from walking barefoot on damp pool decks or in changing areas.

Preventive measures like using goggles, earplugs, and showering after swimming can help minimise these risks even further.

Message from King's College Hospital medical team

Importantly, there is absolutely no evidence that slight symptoms of cold and flu can worsen with swimming. Swimming won't affect the natural recovery process for a cold until and unless it is associated with conditions of bronchial asthma or pneumonia or any serious underlying condition. A child with minor cold & flu symptoms can swim safely and with no follow-on issues.

Non-swimmers

- If a child wakes up and is not feeling 100% but doesn't have the symptoms of not attending school, then please email the teacher and the PRE Ms. Josephine Atea and we can excuse children from swimming. These one-off requests can be accommodated for the wellbeing of the child. The child will sit poolside if not participating in swimming.
- **For repeat cases** - If a child is fit enough to come to school, they are fully expected to participate in their timetabled swim lesson (this is compulsory unless the child has a Medical Certificate stating specifically that they can't participate in swimming).
- **For repeat cases** - If any child has a Medical Cert that specifically stipulates they can't swim or they haven't brought their swim kit, then they will sit poolside and be supervised with the rest of the class by the swim team. Please provide a book to read otherwise one will be given.
- **Alternative provision** - The only exception to poolside sitting is if the Medical Cert states that the child has an allergy to pool-related issues or must be indoors. In this case then child will sit in under supervision in the library.
- **Any unauthorized missing of swim lessons due to no kit or failure to produce the required Medical Cert will be reported in the end of year report card.**

AGS

Policy Implemented: September 2024

Policy Review Date: August 2026

Policy Responsibility: Principal

T: +971 4 559 9700 | info@arcadiaglobal.sch.ae | <https://arcadiaglobal.sch.ae> | PO BOX No. 391858

ALTRUISM **R**ESPECT **C**OMPASSION **A**SPIRATION **D**ETERMINATION **I**NTEGRITY **A**DVENTURE
GRIT **L**IFELONG **O**PTIMISM **B**RAVERY **A**LACRITY **L**EARNING