

Appropriate 'School Swimming' Swimwear

Includes the following...



Boys

- 1 Swimming trunks
- 2 Swimming shorts, with no pockets, and above the knee.
- 3 Alternative above knee shorts can be worn, BUT swimming trunks MUST be worn underneath.
- 4 Lycra or tight fitting leggings including above/below the knee.
- 5 Short/long sleeved close fitting tops, e.g a rash vest.

Swimming hats or hair tied back (check with individual pool rules on this) but hair must remain out of the child's face during the 'school swimming' lesson.

Goggles – This is a school decision in collaboration with the swimming provider, but goggles should be removed/not worn for all elements of 'safe self-rescue' and water polo activities.

Safe Practice guidance states:

Loose clothing for swimming is not advised (other than during personal survival skills tests in controlled situations) due to the drag created, which may adversely affect the confidence and buoyancy of weaker swimmers.



Girls

- 1 One piece swimming costume.
- 2 Lycra or tight fitting leggings including above/below the knee.
- 3 Short/long sleeved close fitting tops, e.g. rash vest, BUT a swimming costume MUST be worn underneath.
- 4 Swim dresses and leggings.
- 5 Full, one piece, modesty swimwear.