

**ADVICE TO PARENTS WHO'S CHILDREN WISH TO WEAR
GOGGLES IN A SCHOOL SWIMMING LESSON**

Parents have a responsibility to teach their child to put on and take off goggles in the correct and safe manner.

1. It is considered that part of the learn to swim experience is for a child to be able to deal with splashing in the face the ability to open his/her eyes whilst the face is immersed and swim under water with confidence. It should be remembered that in the event of your child being involved in a hazardous water situation, it is extremely unlikely that he/she would be wearing goggles. It is highly desirable therefore that your child learns to swim without being dependant on goggles.
2. Goggles may cause injuries if a child is knocked on the goggles when swimming, diving or putting them on or removing them.
3. Goggles do not keep all water out of the eyes and they may leak. In a teaching situation, concentration and lesson time can be lost in trying to obtain a good fit.
4. Goggles often steam up for the first few minutes after putting them on.
5. School swimming lessons usually last for only 30 minutes.
6. Children swim in large numbers and sometimes in crowded conditions. Beginners do not always have full control of arm and leg movements. These factors may increase the possibility of being hit on the goggles.
7. If goggles are used, they are held in place by tight elastic and should be made of hard plastic.
8. It is recognised that for some children, medical or associated reasons necessitate the wearing of swimming goggles in order to participate and in these cases parents and/or carers should:
 - only purchase goggles that meet BSI standards, instructions should be on the packaging for the correct way to put on and take off goggles.
 - ensure that the goggles fit the child correctly.
 - ensure that the child has received adequate instruction, prior to participation, as to the fitting and adjustment of goggles.
 - be aware that teachers will not be responsible for the fitting of goggles to the children.
9. If you wish your child to wear goggles in the school swimming lessons, please make this request in writing to the school.

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I, as PARENT/CARERS of _____ (BLOCK LETTERS PLEASE),
acknowledge that I have received and read the notes of **Advice to parents/carers whose children wish to wear goggles in a school lesson.**

SIGNED _____ DATE _____ Parent/Guardian