



# St Joseph's Catholic Primary School

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Archdiocese of  
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## Swimming Health & Safety Guidelines

**Jewellery or ear studs/sleepers:** The NHS advice clearly states that children with newly pierced ears should avoid public swimming pools due to the risk of infection. Our advice would be that your child does not have their ears pierced during the term in which they are swimming.

If your child cannot remove their earrings the following solutions are recommended:

- Your child wears waterproof tape over their earrings and a swimming cap, which must cover their ears.
- You can also purchase alternatives to these such as swimming headbands to cover ears.

You must provide these for your child to access their swimming lesson safely. If these are not provided, your child will be unable to attend their lessons.

**Swimming Caps:** Please ensure that your child has a bathing cap, especially if they have long hair, during cold weather please ensure your child brings a hat to wear on the journey back to school.

**Headlice:** The swimming pool will not allow children to swim unless they are clear of head lice.

**Verruca/Athletes Foot:** Children with a verruca or athletes foot should wear a verruca sock

**Goggles:** Goggles are not usually necessary for normal swimming. However, parents who insist that they are worn must sign a consent form, (attached) which states that they are aware of the dangers and difficulties that can occur.

