

# BETTER SCHOOL SWIMMING

COVID SECURE DELIVERY  
APRIL TO JULY 2021



**BETTER**  
the feel good place

# OVERVIEW

- Children have missed out on **12 months** of School Swimming provision during the COVID-19 pandemic.
- For many children School Swimming remains their **only** opportunity to learn to be safe in and around water and learn to swim.
- Previous to the start of pandemic less than **50%** of Year 6 pupils in England met the KS2 curriculum outcomes of being able; to perform a safe self rescue, swim 25m and use a range of strokes.
- Children's ability to meet these outcomes will be significantly **worse** due to the pandemic

## Our Aims

To maximise the remaining 14 weeks of the Summer Term to:

- ✓ Enable as many pupils to access School Swimming Lessons in a COVID Secure Environment
- ✓ Enable as many pupils in Year 6 achieve their KS2 Swimming Outcomes
- ✓ Ensure all Pupils learn about Water Safety in the lead up to the Summer Holidays

# BETTER SCHOOL SWIMMING

As the UK's largest operator of swimming pools, we at Better take our responsibility for water safety seriously. School Swimming plays a key part of our water safety strategy to ensure as many children as possible learn to be safe in and around water. We achieve this through delivering a syllabus that evolves around the national curriculum outcomes for swimming, ensuring all children can achieve these.

## AIMS & OBJECTIVES

### Our Aim:

To ensure children learn to be safe in and around water to prevent drowning.

### Our Objectives:

To ensure our lessons are focussed around the following principles:

**WATER SAFETY**

**STROKES**

**PHYSICAL ACTIVITY**

**FUN. KEY STAGE 2 CURRICULUM. ACTIVE LEARNING.**

### **WATER SAFETY**

To teach your pupils essential water safety skills, ensuring they have the knowledge and capability to perform a safe self rescue.

### **KEY STROKES:**

To teach the strokes that will develop efficient techniques that enable pupils to get from A to B safely.

### **PHYSICAL ACTIVITY:**

To provide lessons that develop and improve pupils' cardiovascular fitness and increase physical activity.

### **KEY STAGE 2 CURRICULUM:**

To ensure pupils achieve their Key Stage 2 outcomes through active learning.

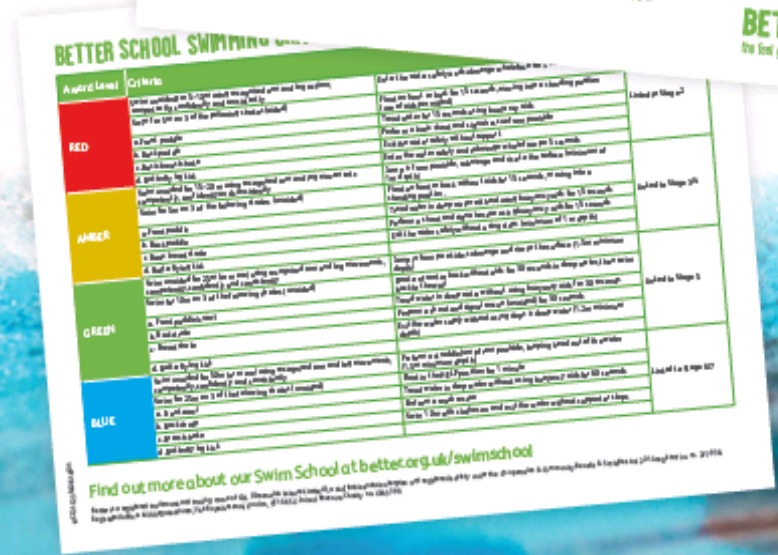
# NATIONAL CURRICULUM REQUIREMENTS

All schools must provide swimming instruction either in Key Stage 1 or Key Stage 2.

In particular, pupils should be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively (e.g. front crawl, backstroke and breaststroke)
- Perform safe self-rescue in different water-based situations

(The national curriculum in England, Framework document, December 2014)



Find out more about our Swim School at [better.org.uk/swimschool](http://better.org.uk/swimschool)

# BETTER SCHOOL SWIMMING LEVELS

We use **four levels** to develop pupils towards achieving their Key Stage 2 outcomes:

LEVEL	AIM	LEARNING OBJECTIVES
RED	Water Safe	<ul style="list-style-type: none"><li>• Ensure pupils understand how to be safe in and around water</li><li>• Build confidence for pupils to float, tread water and move using buoyancy aids</li><li>• By the end of the level pupils will be confident to try more water safety skills</li></ul>
AMBER	Water Confident	<ul style="list-style-type: none"><li>• Ensure pupils understand how to be safe in and around deeper water (1.2–1.5 metres)</li><li>• Ensure pupils can float, tread water and swim without using buoyancy aids</li><li>• By the end of the level pupils will be confident to try more water safety skills in deep water</li></ul>
GREEN	Water Proofed	<ul style="list-style-type: none"><li>• Ensure pupils are confident swimming in deep water and are able to exit safely (1.5m–2m)</li><li>• Ensure pupils can float, tread water, perform shout &amp; signal rescues and swim without using buoyancy aids</li><li>• By the end of the level pupils will have met all three Key Stage 2 School Swimming Curriculum outcomes</li></ul>
BLUE	Water Smart	<ul style="list-style-type: none"><li>• Further develop pupils' water safety skills in deep water (1.5m–2m)</li><li>• Develop pupils' stroke techniques inline with FINA guidelines</li><li>• By the end of the level pupils will have exceeded all three Key Stage 2 School Swimming Curriculum outcomes</li></ul>

Pupils who achieve all the criteria in the **Green** level will have met **all three** Key Stage 2 swimming outcomes.

Pupils who achieve all of the criteria in the Blue level will exceed the three Key Stage 2 swimming outcomes.

# COVID SECURE MEASURES

GLL have considered the risks created by COVID-19, and have worked with the industry in creating COVID secure systems:

- All centre staff have completed COVID-19 Training for their required role.
- Enhanced cleaning measures are in place throughout the centre.
- Where possible one way systems are in place to enable social distancing
- Schools will be allocated an arrival time, lesson start and end time, as well as departure time to ensure class bubbles can be maintained, and can be moved securely through the building, ensuring minimum contact.
- Changing room zones have been introduced. Cleaning takes place between user groups.
- Queue Supervisors will be deployed to manage the flow of School classes through the building, to changing room zones and on to and off poolside.
- Lead Swimming Teachers are in place to manage the lessons and COVID-19 secure measures on poolside.
- All School Swimming lessons take place as single use activities in pool tanks.

# COVID SECURE MEASURES (Continued)

- Cleaning of lesson equipment takes place before, between and after all lessons.
- Swimming Teachers will deliver lessons from poolside, maintaining social distancing from pupils and school staff at all times.
- We will deliver of appropriate COVID Secure teaching activities only.
- Hand sanitiser stations available throughout the centre.
- COVID-19 Secure Signage is in place throughout the centre.
- Centres have produced walk through videos for schools to watch prior to attending lessons.

**COVID-19 Secure:**  
**SCHOOL SWIMMING –**  
**INSTRUCTIONS FOR SCHOOLS**

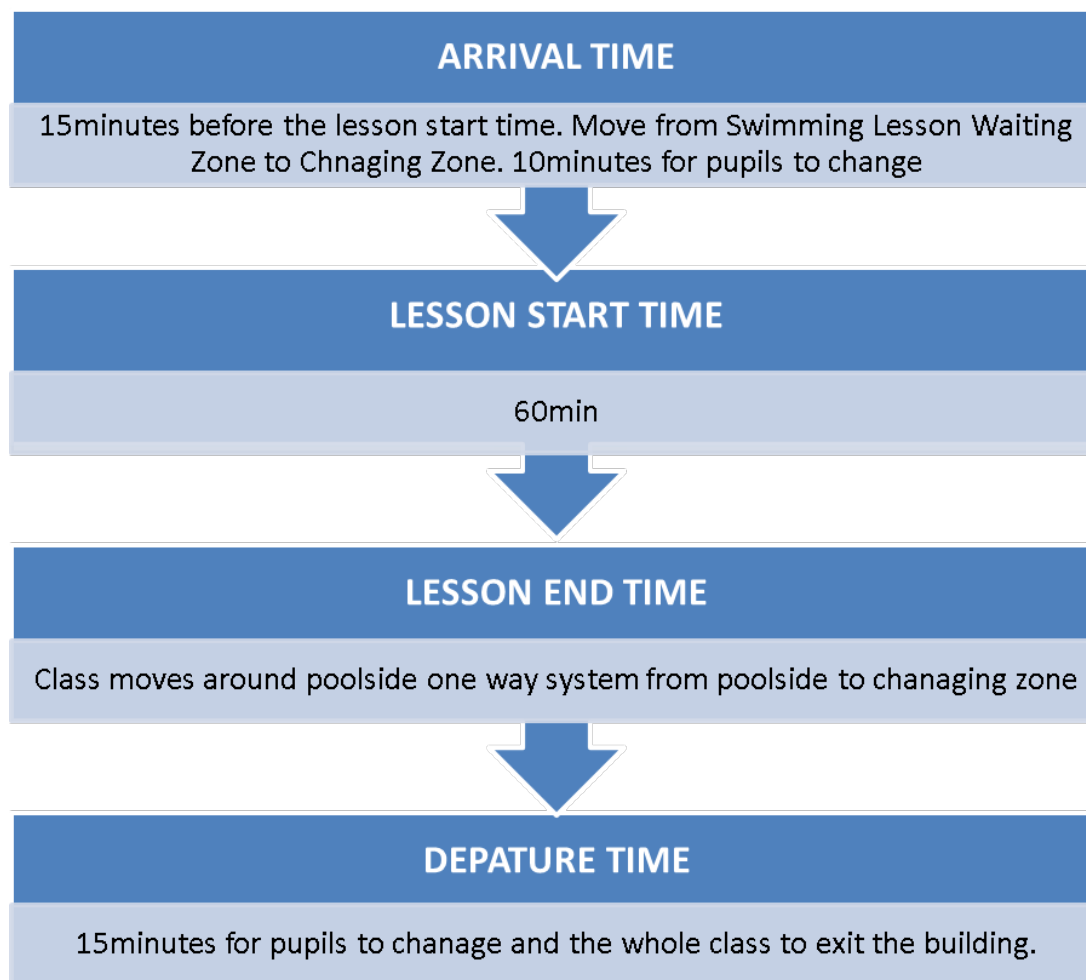
**GLL**  
better for everyone

(Under Review and Subject to Change)

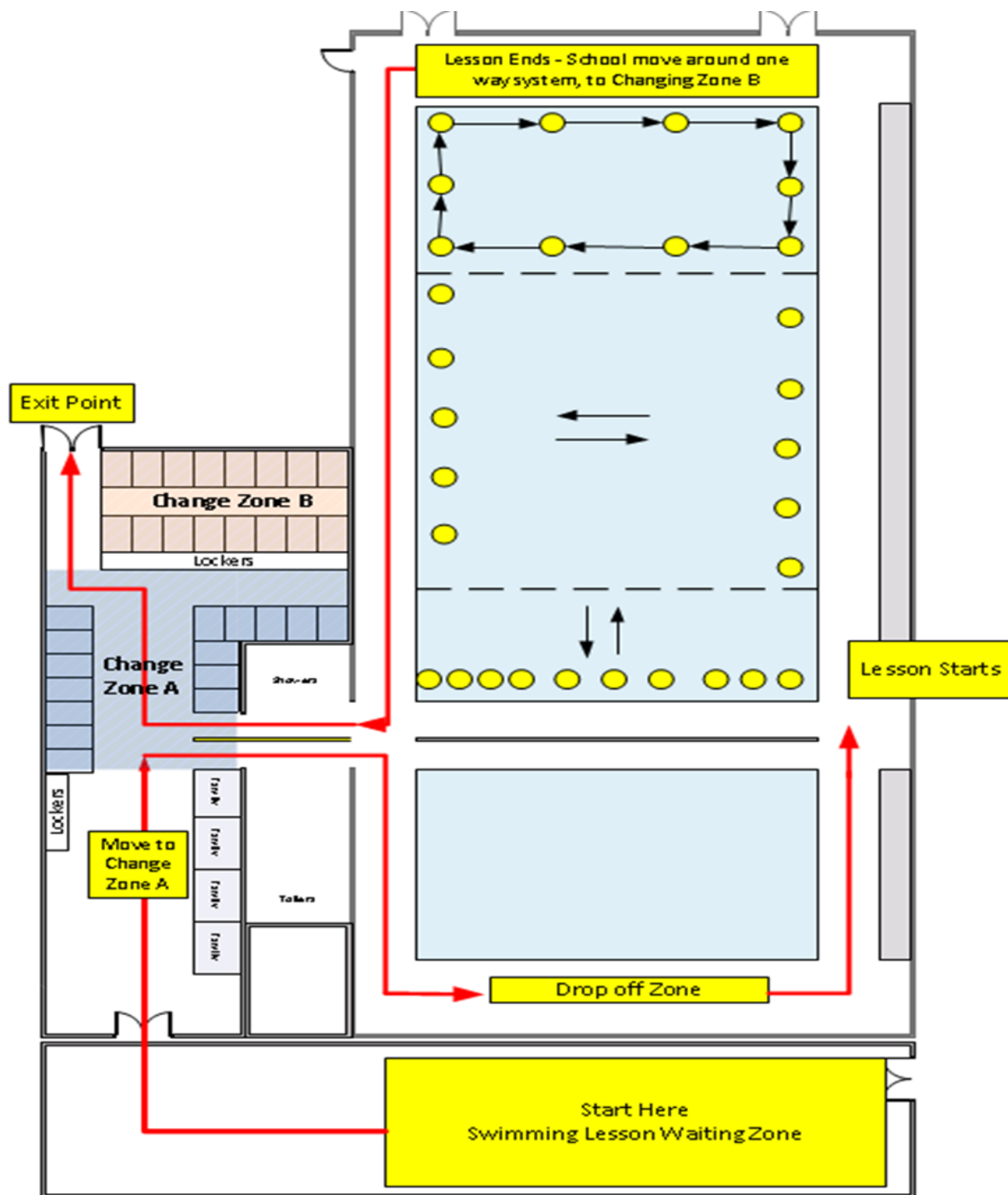
We have produced a specific document for all Schools which explains our COVID Secure measures in more detail. Available from your Area Swim School Lead/ General Manager

**BETTER**

# FLOW & TIMINGS







# DELIVERY MODEL – APRIL TO JULY 2021

- To enable us to achieve our aims and support Schools in restarting lessons we will be delivering our Intensive Lesson model between April to July 2021
- The reasons for this are:
  - To ensure we can deliver consistent COVID secure lessons across all our pools
  - To maximise the space we have available for Schools while ensuring pupils receive up to 10hours of lessons, maximising progression and attainment.
  - To enable easy bookings that are flexible to changes due to COVID, such as classes having to Isolate or changes in Government restrictions.
  - To ensure our lessons link to our existing COVID secure pool programmes.

# ABOUT THE INTENSIVE MODEL

- Our Intensive lesson programme operates as **a two week (10 day) programme** of **60 minute** lessons each day.
- Our model utilises **three** GLL Swimming Teachers to one class (maximum size 35 pupils)
- The model enables the full two-week period to focus on **Water Safety**
- Children **build** upon skills learnt each day to produce enhanced results with pupils developing more **water confidence** in a short space of time.
- The **repetition** of skills over each day enables pupils to develop and master their **Essential Swimming Skills** to become safe in and around water, as well developing more effective swimming strokes.
- Intensive lessons will allow for **minimal disruption** to the final term of School compared to weekly lesson, as well as maximising **active learning time** in the water.

# BENEFITS OF THE INTENSIVE MODEL

## COVID Secure

- 60 minute bookings allow us to deliver a robust COVID secure lessons from arrival through to exiting
- Reduces the number of schools entering the building each week by 80%. Reducing potential risk of COVID spreading from one School to another and to other customers.
- Schools have the ability to change bookings if a class has to isolate without missing weeks.
- Consecutive days will make it easier for pupils to remember the COVID secure lesson rules and how lessons work. Reducing time recapping each week which leads to more time in the water and higher active learning.

## Progression & Attainment

- Average attainment of KS2 outcomes for a Year 5/6 class completing Intensive Lessons class is **85%** compared to **70%** in weekly lessons.
- Children develop basic Water Safety Skills a **1/3 quicker** compared to weekly lessons
- Swimming Teachers are able to tailor their approach to pupils needs much easier due to the consecutive days and reduced number of classes they are working with **(5 vs 25+ per week)**
- The model is proven to be more **effective** delivery method for children who have **never** been in a swimming pool before.

<b>Time</b>	<b>School 1</b>	<b>School 2</b>	<b>School 3</b>
08:45	Arrival Time. Queue Supervisor moves to Changing A.		
09:00	Lesson Start Time - Bag Drop A		
09:15			
09:45		Arrival Time Queue Supervisor moves to Changing Zone B.	
10:00	Lesson Ends – Move to Changing A	Lesson Start Time - Bag Drop Zone B	
10:15	School 1 Departs - Clean Bag Drop A & Changing A		
10:45			Arrival Time. Queue Supervisor moves to Changing A.
11:00		Lesson Ends – Move to Changing B	Lesson Start Time - Bag Drop A
11:15		School 2 Departs - Clean Bag Drop B & Changing B	
11:45			
12:00			Lesson Ends – Move to Changing A
12:15			School 3 Departs - Clean Bag Drop A & Changing A

<b>Time</b>	<b>School 4</b>	<b>School 5</b>
12:45	Arrival Time. Queue Supervisor moves to Changing A.	
13:00	Lesson Start Time - Bag Drop A	
13:15		
13:45		Arrival Time Queue Supervisor moves to Changing Zone B.
14:00	Lesson Ends – Move to Changing A	Lesson Start Time - Bag Drop Zone B
14:15	School 4 Departs - Clean Bag Drop A & Changing A	
14:45		
15:00		Lesson Ends – Move to Changing B
15:15		School 5 Departs - Clean Bag Drop B & Changing B

# TIMELINES

Initial Bookings  
From 17<sup>th</sup>  
March

Confirmed  
Booking &  
Contract from  
29<sup>th</sup> March

Lessons Start  
from 12<sup>th</sup> / 19<sup>th</sup>  
April

# BOOKINGS SLOTS

- Between 12<sup>th</sup> April to 23<sup>rd</sup> July there are 7 two week booking periods.
- Each Centre has a maximum of 5 slots per period.
- We will be booking our afternoon slots first 1pm & 2pm, then our morning slots 9am, 10am & 11am.
- Our priority is to ensure all Year 6 classes are catered for first, then all subsequent year groups.
- Bookings can be made through your local Area Swim School Lead/ General Manager.

# BOOKING SLOTS

Week Commencing	12th April Start	Time	School Preference (1st/ 2nd /3rd choice)
12th April (2 week intensive)	Block 1	2-3pm	e.g.1
		1-2pm	
		11am-12	e.g. 2
		10-11am	
		9-10am	
26th April (2 week intensive)	Block 2	2-3pm	
		1-2pm	
		11am-12	e.g.3
		10-11am	
		9-10am	
10th May (2 week intensive)	Block 3	2-3pm	
		1-2pm	
		11am-12	
		10-11am	
		9-10am	
24th May (2 week intensive)	Block 4	2-3pm	
		1-2pm	
		11am-12	
		10-11am	
		9-10am	
31st May	Half Term Break		
14th June (2 week intensive)	Block 5	2-3pm	
		1-2pm	
		11am-12	
		10-11am	
		9-10am	
28th June (2 week intensive)	Block 6	2-3pm	
		1-2pm	
		11am-12	
		10-11am	
		9-10am	
12th July (2 week intensive)	Block 7	2-3pm	
		1-2pm	
		11am-12	
		10-11am	
		9-10am	

Week Commencing	12th April Start	Time	School Preference (1st/ 2nd /3rd choice)
19th April (2 week intensive)	Block 1	2-3pm	e.g.1
		1-2pm	
		11am-12	e.g. 2
		10-11am	
		9-10am	
3rd May (2 week intensive)	Block 2	2-3pm	
		1-2pm	
		11am-12	
		10-11am	
		9-10am	
17th May (2 week intensive)	Block 3	2-3pm	
		1-2pm	
		11am-12	e.g.3
		10-11am	
		9-10am	
31st May	Half Term Break		
7th June (2 week intensive)	Block 4	2-3pm	
		1-2pm	
		11am-12	
		10-11am	
		9-10am	
21st June (2 week intensive)	Block 5	2-3pm	
		1-2pm	
		11am-12	
		10-11am	
		9-10am	
5th July (2 week intensive)	Block 6	2-3pm	
		1-2pm	
		11am-12	
		10-11am	
		9-10am	



# QUESTIONS

- If you have any questions please contact your Area Swim School Lead/ General Manager or [BetterSchools@GLL.ORG](mailto:BetterSchools@GLL.ORG)

