

# CO SCHOLASTIC ACTIVITY: SWIMMING

## General code of conduct for school swimming activity

### About the swimming pool:

Size: Semi Olympic size 25 m x 15 m

Depth: 3.5 feet to 6 feet

Separate changing rooms available for girls & boys

Well equipped with safety and training equipments

Baby pool available with depth of 2.5 feet

### Hygiene to maintain:

Students have to wear proper swimming costume & cap

No under garments allowed inside the swimming costume

Student has to take a bath at home after school on the day of swimming

In case of a cut, injury or skin infection students are advised not to swim

If water of the swimming pool gets contaminated by any reason, school can suspend the swimming sessions till water gets clear.

**TO DEVELOP SWIMMING AS A SPORT AFTER SCHOOL BATCH IS AVAILABLE FOR STUDENTS AT A CONCESSIONAL RATE**

### Swimming coordinator:

Mrs. Sandhya Kotbagi

Contact details for swimming pool:

020 25658170 - 235

### Learn to swim initiative:

Dr. Vikhe Patil Foundation established its swimming pool to encourage the students of V.P.M.S to explore swimming. School took up swimming as co scholastic activity to introduce students and teach them swimming as an important life skill.

### Details of the activity:

1. Once a week activity
2. Carried out for 40 minutes each session
3. 5 minutes at the start & end of the session are allotted for changing clothes
4. Up to 3<sup>rd</sup> std. 3 helpers are allotted for changing clothes. For JR & SR KG 4 helpers are present.
5. Total 6 certified coaches of different levels are present with each class in the water with 2 certified lifeguards on the deck
6. In the first week, students go through an assessment and are allotted a level as per their skill.
7. Students go through different lesson plan as per their level.
8. Aim of this program is to make sure students are well versed with swimming & aquatic safety standards by 6<sup>th</sup> standard.
9. Every student has to follow all swimming pool rules when they are at the pool.

### Attendance:

- Attendance is compulsory for all students. It's an important parameter for the swimming grades.
- In case of excuse from swimming; student has to carry a note in diary from parents
- Students without written intimation will be given a note in the diary
- After 2 notes an email will be sent to parents, class teacher and the coordinator on which an action needs to be taken by the parents and the school authorities mutually.

### Assessment:

Mid assessment and final assessment will be conducted for each student. Grading will be done on the assessment basis.

Factors important for grading:

- Swimming skill
- Attention during class/ attitude towards swimming
- Attendance
- Willingness to learn

## Benefits of year around swimming:

1. Sport which can be done for life
2. Muscle development
3. Strengthening & toning
4. Hypertension balance
5. Mind stability
6. Mood boosting
7. Build lung power
8. Improve bone strength
9. Muscle flexibility
10. Reduce impact on joints
11. Reduces chances of injury
12. Improve endurance
13. Improve weight control
14. Improving blood pressure

## Content for swimming lessons as per standards:

JR & SR KG:

Introduction to Water, Motor Skills, Body Coordination, Body Balance, Water Walking, Basics of Breathing & Kicking, Fun With Water Toys

Stroke School 1:

Breathing & Underwater Skills, Floating & Gliding, Learn To Swim Breast Stroke, Deep Water Treading

Stroke School 2:

Advance Breast Stroke Drills, Learn To Swim Free Style, Learn To Swim Back Stroke.

To learn stroke school 3 or semi competitive, competitive skills students can join after school batch or public batches before & after school.

After school batch:

Afternoon 2.30 pm to 3.15 pm (concessional rate)

Public batches:

Morning 6.00 am to 7.30 am

Evening 3.45 pm to 8.30 pm

## General code of conduct at the swimming pool:

1. Students have to abide by the rules of the swimming pool and follow the instructions of the lifeguards' and coaches' when in the swimming pool vicinity.
2. If lifeguards or teachers at the swimming pool find any student's behavior against own or other swimmers safety, he may ask that student to stop swimming.
3. Parents are not allowed to accompany students at the swimming pool during school or after school batches. In special cases if it is advised to do so, swimming coordinator must be informed in advance.
4. Utmost care will be taken regarding safety of all students by school & swimming pool management. In case of any unusual accident or mishap due to negligence of rules; management, coaches, lifeguards or any associates

