

## **SCHOOL SWIMMING PROGRAMME**

### **ADVICE TO PARENTS WHOSE CHILDREN WISH TO WEAR GOGGLES IN SCHOOL SWIMMING LESSONS**

1. Goggles are not needed for everyday swimming.
2. 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 dependent on goggles.
3. Goggles may cause injuries, even resulting in blindness, if a child is knocked on the goggles when swimming or diving; or when putting them on and removing them.
4. Goggles do not keep all water out of the eyes.
5. Goggles often steam up for the first few minutes after putting them on.
6. School swimming lessons usually last for only 30 minutes.
7. The children swim in large numbers and sometimes in crowded conditions. Beginners do not always have full control of arm and leg movements. These factors increase the possibility of being hit on the goggles.
8. Goggles are held in place by tight elastic and are made of hard plastic.
9. The use of goggles is advisable only when there is excessive reaction to the chemicals in the water, and where the swimmer is involved in lengthy training sessions. In these cases, goggles may reduce the effect of contact of the eyes with the water a little.
10. If goggles are used, they should not be made of glass or breakable plastic. It is recommended that such goggles are purchased from recognised sports equipment retailers or from local swimming pools / leisure centres.
11. Your child will need to be taught how to put on and remove the goggles, and how to empty the water out safely:  

*"The goggles must be held firmly with both hands, each gripping the outside corner where the straps are attached. The goggles must then be pushed upwards – they should NEVER be pulled outwards away from the face"*
12. If you wish your child to wear goggles in the school swimming lessons, please make the request in writing to the school.

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I, as PARENT / GUARDIAN of \_\_\_\_\_ (BLOCK CAPITALS PLEASE)  
acknowledge that I have received and read the notes of 'Advice to Parents Whose Children  
Wish to Wear Goggles in School Swimming Lessons'.

Signed: \_\_\_\_\_ (PARENT/GUARDIAN)

Date: \_\_\_\_\_

*PLEASE RETURN THIS SLIP TO YOUR CHILD'S SCHOOL*