

Tidal Swim Club: Early Years Policy



Date of Assessment: 01/02/2025

Assessor Name: Michael Brackstone, Director and DSL

Reviewed By: Niamh Wilkinson Director and CEO

Next Review Date: 01/02/2026

1. Introduction

At Tidal Swim Club, we are committed to providing a safe, nurturing, and enjoyable environment for young swimmers in their early years of development. Early participation in swimming plays an important role in promoting physical fitness, confidence, and water safety. This policy outlines our approach to ensuring the well-being, safety, and progression of our early years swimmers (ages 3-7) and provides guidelines for staff, parents, and carers involved in their swimming journey.

2. Aims of the Policy

- To create a safe, welcoming, and positive environment for children in early years swimming.
- To promote water safety, confidence, and physical development through age-appropriate swimming instruction.
- To ensure children's individual needs are met, taking into account their age, ability, and development stage.
- To ensure that all staff members understand and follow safeguarding practices specific to early years.
- To maintain open communication with parents and carers to support the swimmer's journey.

3. Safeguarding and Child Protection

The safety of every child is our top priority. All staff at Tidal Swim Club are trained in safeguarding procedures and follow the guidelines outlined by Swim England and relevant local authorities. Our safeguarding practices include:

- **Enhanced DBS Checks:** All coaching and support staff undergo thorough background checks, including enhanced DBS (Disclosure and Barring Service) checks.
- **Supervision:** At least two qualified staff members will always be present during lessons to ensure appropriate supervision at all times.
- **Parental Access:** Parents or carers are welcome to stay and watch their child's lesson in a designated viewing area to ensure transparency and comfort.
- **Reporting Concerns:** Any concerns regarding the welfare of a child will be taken seriously and reported to the appropriate authorities in accordance with Swim England's safeguarding protocols.

4. Swimming Program Structure

Our early years swimming program is designed to be both fun and educational, with an

emphasis on water safety, confidence building, and skill development. The program is structured as follows:

- **Age Groupings:** Children aged 3-7 will be grouped according to ability, rather than strictly by age, ensuring that every swimmer is given appropriate challenges and support.
- **Lesson Duration:** Lessons for early years swimmers are typically 20-30 minutes long to align with their attention spans and physical endurance.
- **Progression:** Children will progress at their own pace, with skill levels regularly assessed by teachers. A structured grading system will track their achievements, focusing on fundamental skills such as kicking, floating, and basic stroke techniques.
- **Play-Based Learning:** Lessons will be engaging, using games, songs, and activities to build water confidence and basic swimming skills. Parents should understand that learning is often play-based at this stage.

5. Health and Safety

We take all reasonable measures to ensure the safety and well-being of swimmers in our care. Key practices include:

- **Swimming Pool Safety:** All pools used by Tidal Swim Club are maintained to the highest standards of safety and cleanliness. We follow all local regulations regarding pool depth, temperature, and chemical treatments. (Checks of the levels will be conducted by Michael Brackstone (Qualified Pool Plant Operator) but the main responsibility of the pool falls under Twyford School Maintenance Team)
- **First Aid:** At least one coach with up-to-date first aid certification will be present at all sessions.
- **Emergency Procedures:** In case of an emergency, all staff are trained in evacuation procedures, and a first-aid kit is always on hand during lessons.
- **Health Conditions:** Parents or carers must inform the club of any health concerns or medical conditions that may affect their child's ability to participate in swimming lessons.

6. Parental Engagement and Communication

We recognise the vital role parents play in their child's swimming development. We encourage a collaborative approach to ensure the best experience for every swimmer. This includes:

- **Regular Updates:** Parents will receive regular updates on their child's progress, including achievements and areas for improvement.
- **Feedback:** We value feedback from parents and encourage open communication between parents and coaches. If there are any concerns or special needs, we invite parents to discuss them with the Supervisor on shift and the Teacher.
- **Swimming Gear:** Parents are responsible for ensuring that their child wears appropriate swimwear and brings any necessary accessories (such as goggles, swim hats, or floatation devices) to each lesson.

7. Equality and Inclusion

Tidal Swim Club is committed to providing equal opportunities for all children, regardless of background, ability, or circumstance. We strive to create an inclusive environment where every child feels welcome and supported. Our early years program ensures that children with additional needs or disabilities are given the appropriate level of support and access to our swimming facilities. We will work closely with parents and carers to ensure that their child's specific needs are met.

8. Conclusion

Tidal Swim Club is dedicated to fostering a love of swimming and water safety from an early age. We believe that by adhering to these policies, we can ensure a safe, enjoyable, and educational experience for all young swimmers.

We are committed to the ongoing development of each swimmer and will work in partnership with parents and carers to support their child's progress and well-being.

Sign-Off

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Signature: M.Brackstone

Date: 01/02/2025

Reviewed By: Niamh Wilkinson Director and CEO

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