



DBS group

Physical Handling in the Aquatic Environment
Policy 2022-2023

Policy Title:

**DBS group physical Handling in the Aquatic Environment
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1: Rationale

Swimming at the DBS group is a compulsory subject and ought to be a safe and enjoyable experience. It is essential that risks to teachers, instructors and pool users are minimised without unduly restricting enjoyable and beneficial pool activities. When working as a swimming teacher/instructor, there are a number of factors which will influence if and when it is appropriate to provide physical support to a swimmer.

1. Safeguarding considerations
2. The swimmer's comfort
3. The teacher's comfort
4. The stroke which is being developed
5. The individuals' situation

This policy is aimed to ensure compliance with child safeguarding and Health and Safety regulations

2: Policy Procedure

2.1

Before providing any physical support to a swimmer, it is recommended that:

1. The teacher informs the parents that they will be teaching the lesson in the water
2. Parents should be educated on the benefits of teaching in the water
3. Parents should be educated on the different forms of physical guidance and the methods of support that the teacher plans to use are appropriate for the age and ability of the swimmer.

2.2

Every swimmer and situation is different, but swimmers can be safely and appropriately supported in the following areas:

1. Hands
2. Shoulders
3. Head
4. All of the above, using floatation equipment

2.3

Teachers and instructors should:

1. Ask swimmers if they are comfortable with you giving them support
2. Always support the swimmer using a flat, open palm
3. Remain at arms-length when providing support
4. Ensure that the swimmers are safe and controlled at all times
5. When not supporting a swimmer, keep your hands above the water, where they can be seen

6. Whenever possible avoid standing up straight and leaning over a swimmer, making the swimmer feel intimidated
7. Make sure that the swimmer is in a natural, comfortable body position
8. Avoid pulling or lifting the swimmer
9. Always wear appropriate clothing in the pool

2.4

Teachers and instructors should avoid providing support by touching:

1. Chest
2. Torso
3. Hips
4. Waist
5. Thighs

2.5

Safe Supervision

1. If teaching in the water, enter the pool before the swimmers to ensure that you can properly supervise them getting in
2. Whether you are on poolside or in the water, make sure that you can see all the swimmers at all times, allowing you to react as quickly as possible in the event of an emergency
3. Continue to evaluate the swimmers' skills and progress
4. Ensure there is additional supervision on poolside
5. Reinforce pool rules in and out of the water

2.8

Risk Management

Teachers and instructors should be on guard for the following factors that can cause swimmers to get into trouble:

1. Not listening to the teacher
2. Removal of floatation aids too soon
3. Swimming out of the depth and not realizing that they cannot touch the floor
4. Attempting activities that are too difficult

3: Roles and Responsibilities:

The swimming teacher/PE teacher has ultimate responsibility for ensuring safety in the pool and students are handled in an appropriate manner. The Class teacher and Classroom Assistants have a responsibility to support the swimming teacher and to be vigilant at all times. The Lifeguard should remain out of the water and should maintain constant observation of the whole pool.

4: Applicable to:

Teachers, Classroom Assistants and Lifeguard

5: Related Documents: Child Protection and Safeguarding Pool Safety Operating Procedures, Health & Safety Policy

6: Implementation Date: November 2021 Review Date : August 2023