

4 January 2017

Dear Parents of Primary 3 Students

SwimSafer Programme for Primary 3 Students

The school will be conducting the SwimSafer programme for all its P3 students. The objective of this programme is to develop in students important life skills such as water confidence and water safety.

The SwimSafer programme consists of six progressive stages that are conducted by qualified swimming instructors. Survival and activity skills will be taught at each stage of the programme. For a start, all P3 students will undergo **SwimSafer Stage 1**. The techniques that are covered under Stage 1 include safe entry and exit, forward and backward movement and introduction to personal water survival skills. For more information on the SwimSafer programme, you may refer to <http://www.swimsingapore.com/swimsafer>.

As this programme is held during PE lessons, it is compulsory for all P3 students to participate in it unless they have an exemption letter from the doctor due to medical conditions. These students are required to submit the letter of exemption to the Form Teachers. Teachers will accompany the classes to the swimming venue at Sengkang Swimming Complex. The details of the programme are as follows:

Class	P3S, P3P, P3R	P3In, P3G, P3D, P3AI
Day	Tuesday	Thursday
Dates	17, 24 Jan, 7, 14, 28 Feb 7, 21, 28 Mar 4, 11 Apr 9, 16 May	26 Jan 2, 9, 16 Feb 2, 9, 23, 30 Mar 6, 13, 27 Apr 11 May
Time	8 am – 9.30 am	8 am – 9.30 am
Venue	Sengkang Swimming Complex	

For details on what to bring for the swimming lessons, please refer to Annex A.

We have noted that some students might have started learning swimming on their own. For the school to make the necessary arrangements, we would appreciate it if you could help us complete the attached survey form by **Fri, 6 Jan 17**. This will enable us to arrange the appropriate stage of learning for your child. Do note that commencement of the other stages would be dependent on a minimum group size of 10.

Stage	Fee	Payment Details
1 to 6	\$79.60	\$70 will be funded by MOE and SportSG. The remaining \$9.60 will be funded by the school. There is no upfront payment required. <i>Note that course commencement for stages 2 to 6 is subjected to minimum class size required.</i>

If you have further queries on the SwimSafer programme, please feel free to email Mr Randall Lim, HOD/PE at lim_kern_wei_randall@moe.edu.sg or Mr Justin Huan, PE Teacher, at huan_kirk_liang_justin@moe.edu.sg

We look forward to your continued support.

Thank you.

Yours sincerely
Mr Randall Lim
HOD/Physical Education

Annex A

Instructions for Swimming Lessons

Please ensure that your child has **proper swimming trunks/costume and goggles**. Students undergoing the swimming programme are **required to wear proper swimming trunks/costumes at the start of the school day**. Their **school PE attire will then be worn over the swimming attire**. This is to minimise time wastage changing into the swimming attire and maximise practice time.

Items required (to be packed inside a small carrier/drawstring bag)

1. Swimming trunks/costume (should preferably not be longer than the school skirt/pants when worn over)
2. Goggles
3. Towel
4. Water bottle
5. Raincoat/poncho (in case it rains on the way to the pool and back)
6. Recess items (wallets, meal boxes, etc.)
7. Inhaler (for students with asthma)
8. Sun block lotion/cream (optional as the lessons are carried out in the morning)
9. Slippers when showering (optional)
10. A plastic bag to contain the wet items after the swimming lesson

Please ensure that **all your child's personal belongings (including all swimming gear and PE attire) are labelled clearly with his/her name and class** so that missing items can be returned to the rightful owner. You may want to use a waterproof permanent marker to do this. Students will have a quick rinse after the lessons and change into their PE attire. They will then walk back to the school to have their recess at the school canteen.

To ensure the safety of every student, we strongly urge you to remind your child on the following safety precautions:

1. Instructions from swimming instructors and teachers should be obeyed promptly.
2. No student should leave the pool without permission.
3. Running alongside the pool deck is not allowed.
4. Pushing friends into the pool is not allowed.
5. No student should be allowed in the water until permission is granted by the swimming instructors or the teachers.
6. Students should wear proper swimming trunks/costumes.
7. Students should not swim if they have any foot or skin infection.
8. Students should not swim if they have a severe cold or ear infection.

Springdale Primary School

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SwimSafer Programme for Primary 3 Students (Compulsory) Survey Form

(Please return this portion to the Form Teacher by **Fri, 6 Jan 17**)

Please tick where applicable and attach a photocopy of your child's swimming certification if he/she has obtained any.

- My child does not know how to swim. (He/she will be placed on SwimSafer Stage 1.)
- My child has obtained SwimSafer Stage 1 Certification.
- My child has obtained SwimSafer Stage 2 Certification.
- My child has obtained SwimSafer Stage 3 Certification.
- My child has obtained SwimSafer Stage 4 (Bronze) Certification.
- My child has obtained SwimSafer Stage 5 (Silver) Certification.
- My child has obtained SwimSafer Stage 6 (Gold) Certification.

Please state your child's medical condition, if any:

- My child has no medical condition and is fit to participate.
- My child has a medical condition but she is fit to participate.
The school will refer to supporting medical documents from the attending doctor that was submitted earlier in the Student Details Report.
- My child is exempted due to medical reasons.
The school will refer to the medical exemption document from the attending doctor that was submitted earlier in the Student Details Report.

Name of Child: _____

Class: _____

Name of Parent: _____

Signature: _____

Contact No.: _____

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