

Dear Parent/Guardian

WEARING OF GOGGLES DURING SCHOOL SWIMMING LESSONS

The Local Education Authority recommends that children should not wear goggles during school swimming lessons for the following reasons:

- Goggles are not considered necessary for school swimming
- There is a risk of injury to the eyeball as a result of incorrect fitting or adjusting with wet fingers
- The main purpose of the School Swimming lessons is to maximize a child's safety in water. If a child becomes reliant on goggles and they fall into water (for example) without their goggles, this can create added difficulty
- Goggles often do not prevent pool water from coming into contact with the eyes and therefore cause the child to continually adjust them, resulting in distraction and distress

If you still feel strongly that your child should wear goggles that do not cover the nose, you may complete and return this form, which has been provided at the Head Teacher's discretion. Your child will be able to wear goggles for school swimming on the understanding that if, during the course of a swimming lesson, the instructor considers the use of goggles to be dangerous or distracting then the goggles should no longer be worn.

Name of Child

School.....

Year group/class.....

I/We have read and understood the Local Authority's recommendations.

I/We ensure that goggles are of a good quality.

I/We have ensured that the child in question fully understands the manufacturer's instructions for putting them on and taking them off and can do this **without help**. This is important to ensure protection of eyes from impact damage through stretching the eyepieces away from the face with wet fingers, and current Covid19 restrictions.

I/We are aware that on occasions my/our child will be asked to remove their goggles in order to safely perform certain aquatic activities, such as diving or personal survival.

Please return to the Head Teacher.

Information retained at School only.