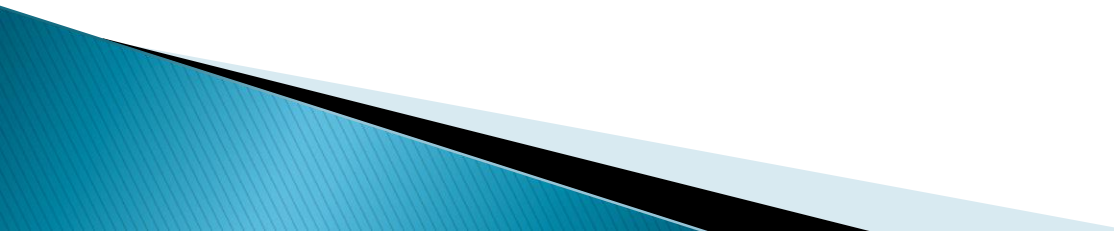


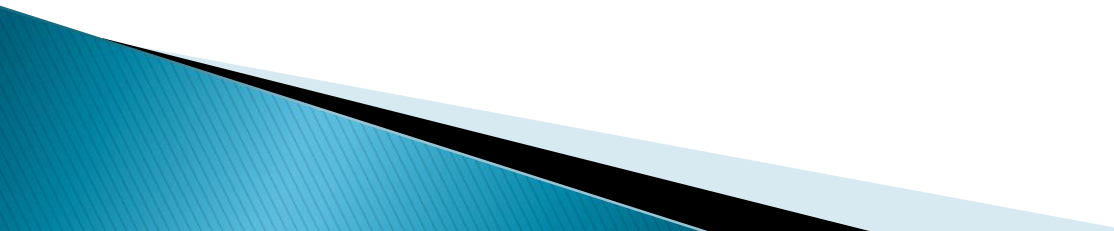
P3 SwimSafer Programme

2017

BRIEFING MATTERS

- ▶ What is Swimsafer?
 - ▶ Swimming Weeks
 - ▶ Change in Time Table
 - ▶ Orientation
 - ▶ Safety & Routines
 - ▶ Expected Behaviour
 - ▶ Things to Bring
 - ▶ School letter
 - ▶ FAQs
 - ▶ An Active & Health Me – Water Safety Chapter
- 

What is Swimsafer?

- ▶ It is a programme that educates and equip learners with swimming skills and knowledge.
 - ▶ There are altogether 6 levels – 1, 2, 3, Bronze, Silver, Gold
 - ▶ The level of swimming proficiency increases as you go higher
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Swimming Weeks

School Calendar	Wednesdays	Thursdays
Term 1 Week 7	15 Feb	16 Feb
Term 1 Week 8	22 Feb	23 Feb
Term 1 Week 9	1 Mar	2 Mar
Term 1 Week 10	8 Mar	9 Mar
Term 2 Week 1	22 Mar	23 Mar
Term 2 Week 2	29 Mar	30 Mar
Term 2 Week 3	5 Apr	6 Apr
Term 2 Week 4	12 Apr	13 Apr

Change in Time Table

NORMAL TIME TABLE

TIME	MON P3/1 - 3/4	TUES P3/5 - 3/7	WED/THURS
7.45 - 8.15		PE	FTGP
8.15 - 8.45		PE	EL
8.45 - 9.15			EL
9.15 - 9.45			PE
9.45 - 10.15	PE		PE
10.15 - 10.45	PE		PE
10.45 - 11.15	RECESS	RECESS	RECESS
11.15 - 11.45			
11.45 - 12.15			
12.15 - 12.45			
12.45 - 1.15			
1.15 - 1.30			

Change in Time Table

Swimming Weeks ONLY (Time table swap)

TIME	MON P3/1 - 3/4	TUES P3/5 - 3/7	WED/THURS
7.45 - 8.15		EL	FTGP
8.15 - 8.45		EL	PE
8.45 - 9.15			PE
9.15 - 9.45			PE
9.45 - 10.15	EL		PE
10.15 - 10.45	EL		PE
10.45 - 11.15	RECESS	RECESS	RECESS
11.15 - 11.45			
11.45 - 12.15			
12.15 - 12.45			
12.45 - 1.15			
1.15 - 1.30			

Swimming Time Table

TIME	WHAT TO DO
7:45 am to 8:00 am	Return to class & prepare for swimming
8:00 am to 8:30 am	Travelling & change
8:30 am to 10:00 am	Swim Lesson
10:00 am to 10:20 am	Shower & change
10:20 am to 10:45 am	Travelling time back to SHPS
10:45 am to 11:15 am	Recess time
11.15am onwards	Lessons as usual

Orientation Tampines Swimming Complex



Orientation Tampines Swimming Complex




Orientation

Tampines Swimming Complex

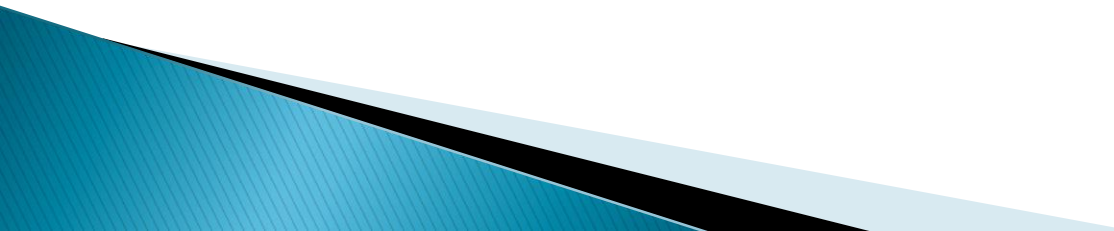


SEATING GALLERY

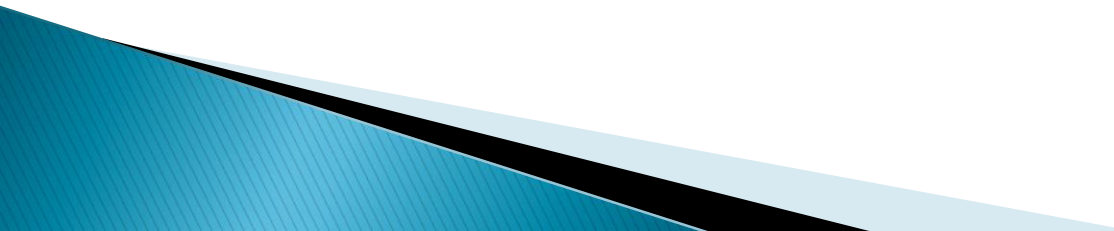
Safety & Routines

- ▶ **Movement around the pool** – Walk at all times!
 - ▶ **Behaviour in the pool** – You are only allowed to enter the pool with your instructor's permission and supervision. Do not play with your friends by pulling them under the water. We will ban you if you endanger others!
 - ▶ **Behaviour in the toilet** – Shower & change quickly without delay. Do not create a din! It is a public place. Leave a good impression.
 - ▶ **Personal Belongings** – Remember to take all your belongings and make sure you do not drop them along the way
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Safety & Routines

- ▶ If strangers approach you, do not talk to them
 - ▶ Do not receive items that are offered from them
 - ▶ Inform the instructor/teacher/parent rep about the stranger
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THINGS TO BRING

- ▶ A small bag containing the following:
 1. Swim wear, undergarments, goggles and sandals (**compulsory**)
 2. towel and comb in a small toiletries bag
 3. Plastic bag for wet clothing
 4. Make sure all items are **labelled** with your names
- 





**YOU ARE NOT GOING FOR A 3 DAY 2 NIGHT CAMP.
TRAVEL LIGHT!**

LETTER

- ▶ **A letter about the swimming programme will be sent to your parents to inform them. Remember to pass it to your parents when you receive it!**

Frequently Asked Questions

- ▶ **If I feel sick but I am coming to school, do I still need to go for swimming class?**

Yes, you will follow the class to the pool but not take part. If you are not able to as you are extremely unwell, you will rest at the sick bay and your parents will be contacted to pick you up.

- ▶ **What if I forget my swimming attire/goggles?**

There will be no spare ones provided. You will have to miss your lesson if you forget.

Frequently Asked Questions

- ▶ **I have a medical condition that does not allow me to swim. Do I still need to attend?**

No. You must provide a document that shows your medical condition not allowing you to swim.

You will still need to follow the class to the pool and do self-study/reading when your classmates are swimming.

Frequently Asked Questions

- ▶ **What if it rains before we go for swimming?**

There will be lessons conducted by instructors at the swimming complex.

- ▶ **What if it rains during swimming lesson?**

Depending on the lightning risk alert and how heavy the rain is, we will make a decision to suspend or continue with lesson.

Frequently Asked Questions

- ▶ **Can I wear my swimming attire in the morning when I come to school?**

Yes. You can do so and wear your PE attire over it.

- ▶ **Can I wear my slippers straight to school?**

No. You will change to your slippers after morning assembly. We will have time to do so in class, before we board the bus.

Frequently Asked Questions

- ▶ **I have passed Level 2 for my own private swimming lessons. What will I go for next?**

You will attend Level 3. However, if you do not show the required swimming skills during the 1st swim test, you may be asked to re-do the same level (Some may have passed the level 3 years ago and “lost” the skill to swim)

Frequently Asked Questions

- ▶ **I have attained Gold. Do I still need to attend swimming lessons?**

Yes, you will attend to go for the Distance Award or the SSPA.

Distance Award requires you to swim over a specified distance without rest

SSPA requires you to swim in a particular stroke, in accordance with the rules of the test

We will send you a memo to ask your parents which you to sign you up for if you are in this category