

Dear Parents,

### Use of goggles in school swimming lessons

Before equipping your child with a pair of goggles for school swimming lessons, please consider the following disadvantages as well as their advantages. Most importantly, learning to cope with water splashing in the eyes and opening the eyes under water is a vital part of acquiring water confidence. One of the main aims of school swimming lessons (particularly here in the Lakeland area) is to equip children for situations in which personal survival is at stake - panic brought on by water in the eyes is something to be avoided.

From a practical point of view, goggles can be difficult to fit without leaking, they can cause damage to the eyes unless they are put on and adjusted correctly, and they can cause distraction during swimming lessons by general discomfort, misting up, leaking, falling off etc. Sharing goggles between children can spread eye infections and lastly they can be expensive and not last for long.

In favour of goggles are their obvious barrier properties to chlorine in the swimming pool water. However, the pool at Kendal is mainly cleaned using ultra violet light treatment and chemicals are only used as a top up.

Goggles are useful for more advanced swimmers whose eyes are under the water for a large proportion of the time, as they allow clear, rather than blurred vision.

Please take time to consider these points and if you still feel that it is necessary for your child to wear goggles, fill in the declaration form below and return it to school. You only need to complete this once for your child's swimming lesson with us up to Year 6.

Yours sincerely,

Mrs Farraday

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### Swimming Goggles – Permission Form

Pupil name .....

I give my permission for my child to wear swimming goggles during school swimming lessons. I understand that the goggles must be of a reputable make, named and adjusted to fit properly prior to the lesson.

My child knows how to put the goggles on safely, following the instructions provided by the manufacturer, and understands that they must not be left on the poolside floor and must not be lent to any other child.

Signed..... Date .....

Parent/Guardian