

BIRLA PUBLIC SCHOOL – DOHA, QATAR

Circular

Dear Parent,

Sub: Circular for Swimming Lessons

The school has decided to start swimming lessons for the students of Grade 5. Every class will get four lessons a month, (Weekly One lesson for Boys & Girls separately). It will take place during the Physical Education periods.

If you wish your child to take part in swimming lessons, please fill the Consent Form enclosed with this Circular, clearly mentioning the swimming proficiency of your child and **hand it over to the class teacher on before Thursday, 11 April, 2019**

Every child choosing the swimming lesson will have to abide by the instructions below:

Rule 1: Running, Pushing Dunking and Horseplay is strictly prohibited in the pool area and in the changing room.

Rule 2: Running and diving will not be permitted in the swimming pool .

Rule 3: No spitting or blowing nose in the pool .

Rule 4: No diving in the shallow end .

Rule 5: The child must carry the following swimming costume for the swimming classes. No student will be allowed to participate in the swimming lessons without these articles given below:

- a) A neat towel b) Dark colored swimming costumes c) A swimming cap
- d) A pair of swimming goggles e) A bottle of water.

Rule 6: Soap, Shampoo, oil, sunscreen, cotton vest or undergarment will not be allowed in the pool.

Rule 7: A full body shower is mandatory before entering the swimming pool.

Rule 8: After the swimming lesson, students need to take a quick shower for hygienic reasons.

Rule 9: It is obligatory to observe complete discipline inside the pool. All the safety instruction given by the coach must be observed strictly.

Rule 10: Jewelry, Sharp Materials, Objects Made of Glass Etc. are not allowed in the pool.

Rule 11: No student will be allowed to enter or leave the swimming pool without the permission of the coach/lifeguard.

Rule 12: Students who have Open Wounds, Ear Infections, Lung Infections, Fungal Infections, Skin Infection/Diseases are not allowed in the pool;

Rule 13: No food item other than water is allowed inside the swimming pool.

Rule 14: Starting blocks are only meant for the school athletic team (Trained Students).

Rule 15: All injuries must be reported to the Nurse before leaving the swimming pool area.


A P Sharma
Principal

(To participate in Swimming Lessons)

I give consent to my son/daughter, _____, studying in class V, div _____, Date of Birth _____, Bus No _____, RP No _____ to participate in swimming lessons offered by the school in their P.E classes during the academic year 2019- 2020.

Proficiency level of my child in swimming is: (Please Tick the appropriate option below)

- | | |
|--------------------------------|--------------------------|
| 1. Novice; | <input type="checkbox"/> |
| 2. Confident / good swimmer; | <input type="checkbox"/> |
| 3. Competitive swimmer ; | <input type="checkbox"/> |
| 4. Has no interest in swimming | <input type="checkbox"/> |

Parent Contact Information

	Name	Mobile Number	Email Id	Resides at
Father				
Mother				

Note: Students who are aqua-phobic, having asthma, epilepsy, and heart ailments, have undergone any major medical treatments, suffering from any post-surgical ailment etc. cannot participate in the swimming lessons. Hence, parents need not send the consent form to the teacher.

I hereby declare that I have understood the rules and regulations concerning lessons and state that my child is fit for swimming and he/she has no health issues.

I also understand that the school will take all necessary precaution for the safety of my child. However, I will not hold the School responsible for any mishap/ accident that might happen at the pool.

Signature of the Father with date

Signature of the mother with date