



## SFL Swimming – Lesson guidelines

- 1, Children must wear long hair tied back
- 2, Appropriate swimwear is required; for girls a swimsuit – no bikinis/skirts; for boys trunks or tight shorts – nothing baggy or below the knee
- 3, Swimming aids are not required; no arm bands or floatation belts
- 4, Goggles are allowed but please ensure your children understand how to use them
- 5, No masks are permitted during lessons
- 6, Verruca information must be provided to the school in advance
- 7, If your child is ill with sickness or diarrhea please leave 48 hours before attending swimming lessons
- 8, For one to one lessons a full 24 hours notice is required for cancellation otherwise the fee will be forfeited