

*St Joseph's
National School
Rehins, Ballina,
Co. Mayo*



*Swimming and sports
participation Policy*

1. Rationale

Physical Education, swimming, and sport are integral to the holistic development of pupils. This policy ensures that all pupils are provided with equal opportunities to participate in a broad range of sporting activities, while promoting inclusion, wellbeing, safety, and enjoyment.

2. Relationship to the School Ethos

This policy supports the school's ethos of fostering respect, cooperation, fairness, and self-confidence. Through sport and physical activity, pupils learn teamwork, perseverance, and the value of a healthy lifestyle.

3. Aims

- To promote participation, inclusion, and enjoyment of sport for all pupils.
- To ensure that swimming and sports activities contribute to pupils' physical, social, and emotional wellbeing.
- To encourage fair play, teamwork, and respect.
- To identify and support pupils of all ability levels.
- To maintain high standards of safety, supervision, and child protection.

4. Scope

This policy applies to all physical education, swimming lessons, in-school sports events, and extracurricular sporting activities organised by the school.

5. Participation Guidelines

5.1 Inclusion and Equality

Every pupil will have the opportunity to participate in PE, swimming, and sporting events. Activities will be adapted where necessary to ensure inclusion of pupils with additional needs.

Participation will be encouraged regardless of ability, gender, or background. Teachers will foster a positive attitude toward effort, improvement, and personal bests.

5.2 Swimming

Swimming is taught as part of the Physical Education Curriculum (Aquatics Strand), typically from 3rd to 6th Class. Lessons take place in a certified facility with qualified instructors. The class teacher retains overall responsibility for the safety and supervision of pupils. Pupils must follow safety instructions and pool rules at all times. Parents will be notified of lesson schedules, transport, and costs in advance.

5.3 School and Inter-School Sports

The school promotes participation in a range of sports such as GAA, athletics, basketball, soccer, and cross-country. Emphasis is placed on participation, enjoyment, and sportsmanship rather than competition alone. Selection for inter-school events will be based on effort, attitude, and attendance at practice sessions, ensuring inclusion across the school. Teams will represent the

school in a respectful and positive manner at all times.

5.4 Health, Safety, and Supervision

All sports and swimming activities will follow Department of Education safety guidelines. Teachers and SNAs will supervise all activities; only vetted adults may assist. Pupils are expected

to wear suitable clothing and footwear. A first aid kit and emergency contact details will accompany all sporting events and swimming trips. Any injuries will be documented and reported to the Principal and parents.

6. Code of Conduct

For Pupils

- Participate to the best of your ability and encourage others.
- Respect teammates, opponents, referees, and teachers.
- Play fairly and follow the rules of the game.
- Represent your school with pride and good behaviour.

For Teachers/Coaches

- Promote enjoyment, learning, and skill development.
- Encourage effort and fair play.
- Ensure inclusion and equal opportunity for all pupils.
- Model respect, calmness, and integrity.

7. Health and Wellbeing

Pupils will learn about the benefits of physical activity as part of the PE and SPHE curricula. Mindfulness and reflection will be encouraged before and after activities. The school promotes hydration, rest, and balanced nutrition as part of overall wellbeing.

8. Child Protection

All sporting and swimming activities comply with the school's Child Safeguarding Statement and the Children First Act (2015). Only Garda-vetted personnel may assist in supervision or coaching. Teachers retain primary responsibility for pupil welfare.

9. Parental Involvement

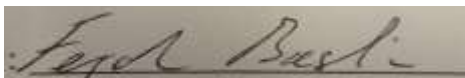
Parents/guardians:

- Provide written consent for participation.
- Ensure pupils have appropriate equipment and attire.
- Support and encourage positive sportsmanship and respectful behaviour.

10. Review and Ratification

This policy will be reviewed annually by the Board of Management or following any change in Departmental or Child Protection guidelines.

Signed:



Date: 16/10/2025

Chairperson of the board

Signed:



Date: 16/10/2025

Principal