



To: Parents enquiring about the use of swimming goggles

Dear Parent/Carer

This letter includes some relevant safety information and a reply slip which must be completed by parents wishing to authorise the school to allow their son or daughter to wear swimming goggles during school swimming lessons.

We are advised that although swimming goggles look harmless, they have been found to carry considerable risks. A small percentage of casual swimmers find the water in swimming baths to be irritant due to chlorination, nitrogenous content, aniline dyes and general detritus, but the hazard to themselves and to others of wearing goggles is probably far greater than the protection provided by wearing the goggles. We are advised that little medical benefit accrues from the use of goggles and we therefore advise parents and children not to use them other than in exceptional circumstances.

Speed swimmers who undertake frequent, long periods of training and are exposed to excessive water friction may need to protect their conjunctivae. However, most children don't need this kind of protection during the normal short length of a swimming lesson. Please read the attached letter before authorising the school to allow your son/daughter to wear goggles.

Yours sincerely

Liz Powell

Liz Powell
Headteacher

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Reply Slip – Use of swimming goggles - Ashby C of E Primary School

Declaration

1. I have received and read the letter entitled "safety information for parents regarding the use of swimming goggles", including the water safety information.
2. I authorise the school to allow my son/daughter to wear swimming goggles for school swimming lessons.
3. I accept responsibility for providing suitable goggles and for ensuring that my son/daughter understands the correct method of putting on the goggles and taking them off.

Name of child: Date:.....

Name of Parent/carer: Signature:

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