

Swimming Hat Policy (POLICY NO. COVSS/008/V2)

	NAME	ROLE	DATE
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PREVIOUS POLICY NUMBER	n/a new policy	n/a new policy	n/a new policy
NEXT REVIEW DATE			09/04/2026

This document supersedes any previous Hat Policy documents. It is always available electronically via request from the Swim School Manager or Head of Operations or on Teams. Any other electronic or paper versions of this document sourced from any other network drive, email or other sources should be checked against the current Teams version prior to use.

EXPECTED USERS	All employee types, volunteers, parents, swimmers and members of the Swim School.
DESCRIPTION	This policy is to ensure the best practices for use of swimming hats during lessons and provide guidance.
ACTION REQUIRED	This Policy will be stored on Teams and shared with all concerned. It will be available on Swim Club Manager and Coventry Swim School Website for all to see and action to agree to abide by the policy. It will also be supplied to new starters beginning employment as part of their contract agreement.

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Diversity and Equality POLICY (POLICY NO. COVSS/007/V2)

1. Purpose

Coventry Swim School is a limited company and operates under the rules and regulations as directed by Swim England.

Coventry Swim School are putting this policy in place to ensure cleanliness in our venues and swimming pools, reducing the risk of closures and to ensure swimmers have the best opportunity to reach their full potential. The aim of this policy is to promote safe and appropriate practice by establishing clear guidelines in accordance with the swim England guidelines. This policy applies to all members of the Swim School.

The Directors are also accountable for ensuring that all adult leaders and volunteers within the swim school understand their responsibilities and duties regarding Coventry Swim School hat policy.

2. Responsibility

It is the responsibility of the Parent/guardian to adhere to the guidelines outlined in this document. It is the parent's responsibility to ensure swimming hats are to be worn during Coventry swim school swimming lessons.

3. Policy Statement

Ideally in all of our swimming lessons we would like to see all swimmers wearing a swimming cap, **this can be any cap of your choosing** but if you would like one of our Coventry swim school caps they can be brought by the following link, where there is an option of a silicone or long hair. [SWIM SCHOOL HAT FORM CLICK HERE](#)

Why do we insist that all our swimmers wear swimming hats. For various practical reasons of course! *Parents, if your child is resistant to wearing a cap, this will hopefully help persuade them. If they are still unsure, why not hand it over to our trusty awesome swimming teachers, who are all very experienced in persuading hesitant swimmers to take the plunge with a cap on.*

Swimming caps help you swim faster – All you have to do is look at any professional swimmer to know that swimming caps minimise drag in the water and aid in streamline swimming. Or as we tell the kids; 'it help you to swim as fast as a speedboat!'

Swimming caps protect hair from chlorine – Chlorine is a disinfectant that is used to keep swimming pools clean and free of germs. However, it can also be harsh on hair, causing it to become dry, brittle, and (for very frequent swimmers) sometimes discoloured. Swimming caps help to protect hair from chlorine by creating a barrier between the hair and the water.

They keep hair out of the face – Swimming caps also keep hair away from the face and eyes, which will help children see clearly and concentrate without the distraction and irritation of hair getting in the way. Tucked away hair also helps goggles to suction better onto the face, minimising leakage and swimmers fiddling with their goggles. Bonus!

They stop hair getting weighed down with water – For those blessed with thick, curly and long hair, it can get very heavy when wet. Swimming caps make swimming easier and faster (with less drag)

because your hair doesn't get fully soaked. Caps also make drying your hair after swimming a lot quicker!

Swimming caps help to keep the pool clean – Hair sheds naturally, and swimming caps help stop that hair ending up in the swimming pool filters, resulting in a lot less mess for our pool maintenance teams.

They prevent hair from getting tangled – Long hair can easily become tangled in the pool, which can be uncomfortable and painful for children (and parents) to sort out later. Swimming caps keep hair tucked away and prevent tangles in the first place.

Swimming hats can help reduce the risk of ear infections – Kids who wear swimming caps that cover their ears benefit from a [layer of protection](#) against water entering their ear canals. Whilst some children won't like the sensation of their ears being covered because it makes their hearing a little duller, it's worth trying, especially if they're prone to ear trouble or have grommets. Swimmers' ear plugs for children have come on a long way and can be very helpful if your child suffers from any of the above ear issues. Have a chat with your doctor if you feel you need them.

In summary, **swimming caps for kids are important** and it isn't difficult to help children get them on quickly and gently.

4. Guidance for Parent/ guardian

Coventry swim school hats can be provided here [SWIM SCHOOL HAT FORM CLICK HERE](#)

Alternative hats can be worn and sourced by other providers however other swim school hats from other providers cannot be worn.

5. Coventry Swim School responsibilities

Coventry swim school are responsible to provide and maintaining guidance to member of Coventry swim school regarding swimming hats. The Swim School Manager is required to oversee swimming hat compliance.

Coventry Swim School Assistant, teachers and young volunteers will assist the swim school Manager to ask parents to wear swimming hat at lessons

6. Parent/ guardian responsibilities

Parents and guardian are asked to ensure the swimmer wears a swimming hat at all Coventry swim school swimming lessons.

CHANGE HISTORY

POLICY NUMBER	EFFECTIVE DATE	SIGNIFICANT CHANGES
(COVSS/008/V2)	April 2025	formatting only