



London Borough of Havering  
**ENGAYNE PRIMARY SCHOOL**

Mrs S Sankey: Headteacher  
01708 223492

**Use of Goggles during swimming lessons**

Some pupils may wish to wear swimming goggles to reduce the discomfort that sometimes occurs whilst swimming, although this is not usually necessary. We would encourage parents to only authorise the use of goggles where it is absolutely necessary. However, should you wish your child to wear swimming goggles the following safety information and guidance must be adhered to in order to ensure the safety of your child and others taking part in the lesson.

**Safe Choice**

There is a British Standard for manufacturers, always purchase a well-known brand

**Safe Use**

If goggles fill with water whilst in use, remove them completely to clear. **Never** pull goggles away from eyes as they may fly back and cause a serious eye injury. Always ensure the goggles are over the eyes whilst swimming (not on the forehead).

**Goggles should NOT be used**

- When diving.
- Whilst taking part in certain water skills awards.
- When requested by teacher to remove them.

**Points to remind your child**

- Never pull the goggles away from your own eyes.
- Remove goggles by slipping them off the head and not stretching the retaining band.
- Never interfere with goggles worn by someone else.

If you wish your child to wear goggles the following rules and educational guidelines must be adhered to in order to ensure the safety of your child and other taking part in the lesson. Please sign the slip below and return it to Mrs Hughes.

Please note that the swimming instructor will not allow your child to wear goggles unless you return the signed slip below.

Yours sincerely,

Mrs S Hughes (Swimming Instructor)

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**Use of Goggles During Swimming Lessons**

I have read and understood the guidelines supplied regarding this matter, and I take full responsibility if the incorrect technique is applied when my child uses goggles.

Child's name:..... Class:.....

Please allow my child to wear goggles during his/her swimming lessons.

Signed ..... Parent/Guardian Date .....

I acknowledge that Engayne Primary School reserves the right to withdraw the use of my child's goggles (for reasons of safety) should they be seen misusing them