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Buoyancy Aid Policy

Seals

All swimmers within Seal classes will be wearing buoyancy aids for the majority of their lesson. This will range from armbands and Tummy bands down to just a tummy of varying size. During Seals we will be working towards reducing the tummy band to 6 blocks, and for swimmers to be able to swim short distances unaided on a 1:1 basis.

Sea Lions and Dolphins

Swimmers will wear buoyancy aids during their lesson until they have achieved their 100m award. Buoyancy aids are reduced in size as swimmers progress. Buoyancy aids are used initially to keep children afloat and help them gain independence in the water; they help swimmers to gain a good body position to enable them to work on correct technique. Buoyancy aids will be removed for a limited time during lessons to enable swimmers to work on their strength and stamina while maintaining technique. Once swimmers have achieved their 100m award their technique will be of a high standard and the buoyancy aids will no longer be required.

Sharks and Bridging Squad

Buoyancy aids are not worn in these group as the entry criteria to Sharks is a 200m.

If you have any questions regarding the use of Buoyancy aids please speak to a member of staff poolside.