

Swim Safer Briefing 2021



P2 Swim Safer Programme Schedule for 2021

Group A – Term 1 Wed		Group B- Term 2 Wed		Group C – Term 3 Wed	
Session 1	27 Jan	Session 1	31 Mar	Session 1	7 July
Session 2	3 Feb	Session 2	7 Apr	Session 2	14 July
Session 3	10 Feb	Session 3	14 Apr	Session 3	21 July
Session 4	17 Feb	Session 4	21 Apr	Session 4	28 July
Session 5	24 Feb	Session 5	28 Apr	Session 5	4 Aug
Session 6	3 Mar	Session 6	5 May	Session 6	11 Aug
Session 7	10 Mar	Session 7	12 May	Session 7	18 Aug
Session 8	24 Mar	Session 8	19 May	Session 8	25 Aug

What to pack in small bag

- Slippers
- Swimming costume
 - 1 piece, non-translucent
- Goggles
- Underwear
- Towel & comb
- Water bottle
- Rubber bands for long hair
- 2 plastics bags
- Snacks
- Sunblock
- One extra mask & mask holder



Sick (Cannot attend)

- If you are sick or unwell, please inform, the teacher in-charge of Swim Safer.
- You may give the medical certificate or letter from parents to your Form Teacher to pass to the teacher in-charge of Swim Safer.



What to do on the day

- Have a **heavy recess**: rice/ noodles

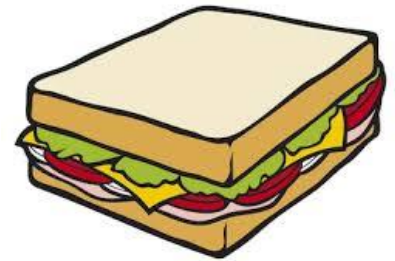
After School (1.30pm)

- Place your belongings at **MPR 1 (level 1)**
- Use the toilet before changing
- Change into **swimming costume** and **wear PE attire over it**
- Change into slippers
- Place shoes in a bag
- If Level 1 toilets are occupied, use other level toilets
- Take your temperature to ensure that you are well



What to do at MPR 1

- Measure your temperature and record it in your diary before eating
- Have a **quick snack** like sandwich, wraps
- Do not buy soup-based noodles
- Apply sunscreen after eating
- Attendance taking at **2.05 p.m.**



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After Swim Session

- 1 to a cubicle
- Rinse and change quickly
- Wait outside with Teacher-in-charge
- Eat snacks while waiting for the rest
- You must be in your pinafore and shoes before leaving the school
- You can change into shoes when you are back in school



Expectations at the pool

- Pay attention to the instructor
- If in doubt, ask
- No running along the pool
- No jumping and pushing
- Be careful



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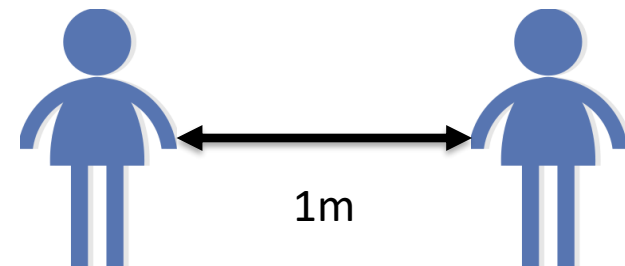
Expectations on the bus

- Stay seated
- Buckle seat belt
- Listen to teacher-in-charge
- Do not eat on the bus
- Take note not to leave anything behind



Safe Management Measures

- If your temperature is above 38C, please inform the teacher in charge
- No sharing of bathing cubicle
- Wear your face mask at all times unless you are swimming
- Maintain one-metre distance from others



Do the Right Thing

- Always consider whether an activity can cause harm to yourself or your friends before you do it.
- Ask your Teacher if your are not sure or inform your Teacher if you think your friend may be doing something that may cause harm or injury to others.
- **LOOK – THINK - DO**

Contacts of Teachers In Charge

- Mrs Toh Wan Ting
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- Mdm Wong Pih Fong
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Reminder

- Label your items



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Have FUN!

