

April 2024

Dear Parent/Carer

### **Year 10 Swimming and Rowing opportunity**

Your son/daughter has shown an interest in taking part in either Swimming or Rowing as part of their Core PE curriculum. These sessions are optional and will take place at St Peters school and are an opportunity for students to learn and develop in these 2 sport disciplines through a close partnership with St Peters school.

#### **When – starting week commencing 29 April – July 2024**

##### Monday P1 (10xpe2/10xpe4/ 10xpe6)

Swimming – up to 16 students (at St Peters swimming pool)

##### Monday P5 (10xpe1/10xpe3/ 10xpe5)

Swimming – up to 16 students (at St Peters swimming pool)

##### Tuesday P5 (10xpe1/10xpe3/ 10xpe5)

Rowing – 16 students (on the River Ouse)

#### **Logistics**

**Swimming Monday P1** - students will meet at the front of reception at 8.35am in their school uniform and they will be transported to St Peters swimming pool by minibus. The swimming lesson starts at 8.50am until 9.35am. Students will then shower, get dressed return to VOY for 10am.

**Swimming Monday P5** – students will meet in PE at 1.45pm (the last 10 minutes of lunch) in their school uniform and they will be transported to St Peters swimming pool by minibus. The swimming lesson starts at 2.10pm until 2.50pm. Students will then shower, get dressed and return to VOY for 3.15pm.

#### **What to wear for swimming**

Females – Swimming costume (all in one preferred) and a lightweight T-shirt may also be worn over the top. If any girls have a swim skull cap this would be useful.

Males – Swimming trunks that are well fitted and not too baggy. Again a lightweight T-shirt can be worn if wanted. Please can students bring with them a towel for showering and any shower items they may need.

Students do not need to have any prior swimming experience. The instructors are able to cater for all levels of experience. All sessions will be led by staff from St Peters together with a member of Vale of York PE staff.

**Rowing Tuesday P5** – students will meet in PE at 1.30pm so that they can get into clothes suitable for rowing and we will leave at 1.40pm (half way through lunch). Could students please bring a packed lunch which can be eaten on the minibus on their way to St Peters. The rowing lesson starts 1.55pm until 3.05pm. Students will return to VOY for 3.15pm.

Students are required to be able to do the following to take part in rowing

- Swim 25m/50m
- Tread water for 2 minutes

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#### Vale of York Academy

Rawcliffe Drive, Clifton (Without), York YO30 6ZS

Tel: 01904 560000

Email: [hello@voy.hslt.academy](mailto:hello@voy.hslt.academy)

Website: [voy.hslt.academy](http://voy.hslt.academy)

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- Not panic when in water

Students will be doing activities which require lifting some heavy equipment as a group, including the boat, oars and safety equipment. Students will be instructed how to bend and twist correctly and should use this method for best practice.

Students are asked to leave all bags and valuables in the minibus and not to take them out to the activity. The school are not liable if students do bring these items out and they are lost, damaged or stolen, so students will need to ensure they are placed away safely.

### **What to wear for rowing**

Both genders – Vale of York PE kit – t-shirt, jumper, shorts/leggings/tracksuit bottoms

NO hoodies or baggy clothes

NO VOYA skorts to be worn

The wearing of the VOY PE kit clothing is for warmth as it is close fitting, however if students require another layer for extra warmth then they can bring another jumper.

Old trainers/jelly shoes – these may get muddy and wet (don't bring best/new pair)

Spare pair of clothes – t-shirt/jumper/trousers (In case they fall in the water and need to get changed)

Safety equipment will be provided by St Peters school to wear over students clothing.

It is highly unlikely but Weil's disease is a form of a bacterial infection also known as Leptospirosis that is carried by animals, most commonly in rats and cattle. It can be caught by humans through contact with rat or cattle urine, most commonly occurring through contaminated fresh water. On speaking with the Rowing instructor, there has not been a case of this in York, nor is it very frequent, but he wanted me to make all parents/carers aware. This is a disease that can give a tummy upset and further information can be found on the British rowing website. **This is not something to concern anyone, it is just for awareness.**

### **Risk Assessments**

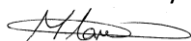
Risk assessments for both activities are held centrally at school with myself and the school visits coordinator. Should you want to see a copy of the risk assessment please let me know. These have been carefully written by St Peters to ensure the highest of safety is in place and I feel all avenues have been covered for what will be an exciting opportunity.

[Please complete the Google form here to give consent for your child to take part in either the rowing or swimming activity.](#) Unfortunately your child will not be able to take part in any activity unless this form is completed.

In the event of an emergency during the sessions and if you need to relay an urgent message, I can be contacted on 07725 116109. Students will have their mobile phones safely stored away.

If you have any further queries, please do not hesitate contact me at school by email [m.rampling@voy.hslt.academy](mailto:m.rampling@voy.hslt.academy) or by phoning 01904 560000.

Yours faithfully



**Mr M Rampling**

Head of Sport and Enrichment

