



Help us ensure every primary aged child in Scotland can swim

Swimming is the sport for all – the sport for life. Scottish Swimming's vision is to ensure that Everyone Can Swim, taking advantage of the inclusive nature of swimming and water based activities for the young and old. Scottish Swimming believes that Scotland's children deserve a swimming entitlement to ensure that each of them has this vital life skill before they leave primary school. Please help support a swimming entitlement for our children.

SCOTTISH *swimming*
everyone can swim!

Why a swimming entitlement?

- Despite having taken part in a primary school swimming programme approximately **25% of children still cannot swim**. A high percentage of those who cannot swim live in the more socially deprived areas of Scotland. A swimming **entitlement** would address this significant safety, health and equality issue.
- The Scottish Government recently announced funding for a national learn to swim top up programme in Scotland (September 2010). This welcome funding assists local authorities in improving the opportunities for primary school aged children to learn to swim. This funding is to support transformational change to current provision during 2010-2011 but needs ongoing political support in order to evolve effectively into a swimming **entitlement**.
- A number of local authorities in Scotland no longer provide school swimming for primary aged children and several others may cut their programmes in the near future. Many children from socially deprived areas cannot afford a community based learn to swim programme to replace the lack of school provision. Without a swimming **entitlement** more children will leave school unable to swim.
- Free swimming is not effective as a stand alone initiative. Research concludes that free or discounted swimming lessons, as would be delivered through a swimming **entitlement**, have a far more effective and reaching effect.
- Learning to swim can play a vital role in delivering the four capacities of the new curriculum for excellence. Learning to swim creates
 - Successful Learners through mastering how to swim,
 - Confident Individuals by overcoming fears and the challenges of a new environment
 - Responsible Citizens who have the skills to use the water environment to promote their own health and fitness throughout life.
 - Effective Contributors who can pass on their skills, knowledge and enthusiasm through teaching and coaching
- A swimming **entitlement** would contribute towards providing 2 hours of good quality physical education for each child every week.
- Over the period 2000 to 2007, children's deaths by drowning in Scotland doubled from 3 in 2000 to 6 in 2007 (under 14). A swimming **entitlement** could have prevented these unnecessary tragedies.
- A swimming **entitlement** would provide a lifelong skill for children – one they could continue at different stages of their life, as teenagers, parents or older citizens. Swimming provides many benefits at all stages of life and truly is the sport for life. Some of these benefits are highlighted over leaf.

**Support a swimming entitlement and support the sport for life
by visiting www.scottishswimming.com/healthyliving/entitlement**



Swimming - the Sport for Life

Swimming is the sport for all – the sport for life. At every stage of life, swimming is an essential life skill and provides a fun social environment. Swimming brings significant health and well-being benefits, enabling us to lead a longer, happier, healthier life.

Learning to swim at an early age sets a positive foundation towards a lifetime of participation and enjoyment in a variety of water sports and aquatic activities. Swimming is the second most popular sport in Scotland, after football, for youngsters aged 8-16 years. Swimming provides our children and young people with knowledge and understanding, skills, capabilities and attributes which they need for mental, social and physical well being now and in the future.



As we get older, we are more at risk of being overweight, having coronary heart disease, diabetes or strokes. Swimming and water based activities are great as a means of prevention of and rehabilitation from coronary heart disease, strokes and cancer. The water's weight bearing properties make exercising easier on the heart, lungs and joints.

Research has shown that swimming slows down the ageing process in a number of areas such as respiration, muscle mass, cardiovascular activity and neurological function. Taking part in a swimming class is also a great way to make new friends and improve both social and mental well-being.

However, older adults are less likely to take up water based activities if they have not learned to swim in a positive environment from a young age. A swimming entitlement ensures that adults will have the confidence and skills to come back to the pool for health, fitness and fun.



Scottish Swimming is driving the *Just Add Water*, healthy living campaign, an initiative designed to promote swimming and water based activities for health, fitness and fun. A swimming entitlement is a key component of our governing body strategy for increasing participation in the water. However we cannot deliver a swimming entitlement without political support. To get behind our drive to ensure all children in Scotland can learn to swim, please promote a swimming entitlement.



For further information contact Sharon MacDonald, Scottish Swimming Healthy Living Manager at s.macdonald@scottishswimming.com or call 07787151051. To pledge your support visit www.scottishswimming.com/healthyliving/entitlement

Scottish Swimming supports *Scotland's Sporting Chance: a manifesto for sport in Scotland*, recognising the benefit of sport to Scottish society.

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