



## Nottinghamshire Schools' Swimming Service Earrings

17 January 2023

Dear Parent/Carer,

### WEARING OF EARRINGS DURING SCHOOLS' SWIMMING

It is recommended by the Nottinghamshire County Council Schools' Swimming Service that pupils do **not** wear earrings during their school swimming lessons, as these items could cause injury to your child, staff members, and/or other swimmers whilst at/in the pool.

NHS guidance around piercings is that swimming should be avoided for at least 24 hours after having a piercing, and ideally until it has healed properly. While it is still healing, it is important to keep the piercing dry as there is a risk of infection. More information can be found here - <https://www.nhs.uk/common-health-questions/lifestyle/can-i-go-swimming-after-a-piercing/>

As a general guide, healing times for the ear lobe is 6-8 weeks.

The Schools' Swimming Service recommends pupils remove all jewellery and earrings before they attend their school swimming lessons. However, in exceptional circumstances where this is not possible, we can make a reasonable adjustment based on the following:

#### Required

- The earrings are small studs (no loops, dangly)

#### Optional

- The earrings are covered with a neoprene headband or swim cap

If you wish for your child to attend school swimming lessons whilst wearing earrings (healing period), they may do so providing the parent/ carer signs the attached disclaimer (see below).



# Nottinghamshire County Council

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### PERMISSION SLIP

### WEARING OF EARRINGS DURING SCHOOL SWIMMING

Name of your child's school \_\_\_\_\_

### For the parent/carer to sign

I, the parent/ carer of \_\_\_\_\_ hereby confirm that I give consent for my son/ daughter to wear earring/s (delete as appropriate) during school swimming lessons and at the schools' gala. I have read and understood the Schools' Swimming Services recommendation and have explained the advice to my son/ daughter. I will not undertake to pursue the council for any loss or damage to property or injury to my child, member of staff or another swimmer as a direct result of wearing earrings during the Schools' Swimming sessions.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Please print name \_\_\_\_\_

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Please complete and return a copy to the school prior to the swimming lessons.

Receipt of permission slip on the \_\_\_\_/\_\_\_\_/\_\_\_\_

By the signed \_\_\_\_\_