

Nexus School Policy: Swimming Caps

Nexus International School (Singapore) has formulated this policy to allow for effective teaching and learning in our swimming pool: a learner's vision will not be impaired, teachers will be able to see and monitor breathing, and learners will not be tempted to interrupt strokes to wipe hair from eyes, nose or mouth.

School preference is for a swimming cap to be worn by all learners to help prevent our pool filters becoming clogged with loose hair, and increase visibility in the pool for health and safety reasons.

If a learner has long hair, a swimming cap should be worn. If no swimming cap is worn, long hair must be tied back securely for lessons and/or training. Swimming caps and hair ties will be provided in event of forgetfulness to ensure no interruption to learning.

Long hair shall be defined as any hair that extends, or may extend, below the top of a learner's eye line or goggles.

In addition, to protect our learners' hair from over-exposure to chemicals, we recommend:

- Learners should wet their hair when showering poolside before entering the pool. By wetting their hair with fresh water, hair absorbs the clean water and will not be able to absorb the chemically treated water as much
- Learners should wear a swimming cap to help prevent the absorption of chemicals if hair is wetted before entering the pool

Effective date: Monday 22 September 2014