# Entering and exiting the pool

Pupils should be encouraged to experience a range of different entry methods into the pool. These can include:

## Sliding

Here pupils sit on the side of the pool with their feet dangling in the water.

They then place their hands beside them and push forward and slide into the water forward facing.

Alternatively, having placed their hands either side of their bodies they can rotate round so they slide into the water facing the poolside.

## Walking

Here pupils enter the pool by either walking directly into the pool or climbing down a set of steps or a ladder.

If using steps, pupils should be encouraged to place their feet appropriately and use any bannister / rail to support their movements.

If using a ladder, pupils should be encouraged to place their feet squarely on the rungs, holding on to the side rails and either alternative feet and hands, or if in the early stages of development to step down with one foot and then have the other foot join it before moving to the next step.

## Jumping

Pupils can be encouraged to enter the pool using different types of jump. If doing such activities you will need to take into account the depth of the pool and the ability of the pupils.

Certain jumps are used within swimming, in particular in lifesaving techniques a well as synchronised swimming.