

**BIRLA PUBLIC SCHOOL, DOHA, QATAR**  
**Circular for Grade VI**

Dear Parent,

**Subject: Circular for Swimming Lessons**

The regular swimming lessons for Grade VI will commence on Sunday, 27 April 2025. Classes are held separately for girls and boys with separate female and male swimming coaches. Every class focuses on water safety, basic swimming techniques, and building confidence. The swimming lessons will take place during the Physical Education period.

If your ward wants to participate in the swimming lessons, please fill out the consent form enclosed with this circular, clearly mentioning the swimming proficiency of your child, and submit it to the class teacher before Sunday, 27 April 2025.

**Every child choosing the swimming lesson will have to abide by the instructions below:**

**Rule 1:** Running around is strictly prohibited in the swimming pool area and in the changing room.

**Rule 2:** No diving in the shallow end

**Rule 3:** No spitting or blowing nose in the pool.

**Rule 4:** It is obligatory to observe complete discipline inside the pool. All the safety instructions given by the coach must be observed strictly.

**Rule 5:** The child must carry the following swimming costume for the swimming classes.

- a) Neat towel      b) Dark colored swimming costumes      c) Swimming cap  
d) A pair of swimming goggles      e) A bottle of water.

***'No student will be allowed to participate in the swimming lessons without the articles mentioned above.'***

**Rule 6:** Soap, Shampoo, oil, sunscreen, will not be allowed in the pool.

**Rule 7:** Jewellery, sharp materials, objects made of glass etc. are not allowed in the pool.

**Rule 8:** A full body shower is mandatory before entering the swimming pool and after the training sessions for hygienic reasons.

**Rule 9:** Students who are hydrophobic, have asthma, open wounds, ear infections, fungal infections, skin infections, epilepsy, heart ailments, have undergone any major medical treatments, or suffering from any post-surgical ailments etc., cannot participate in the swimming lessons.

**Rule 10:** No student will be allowed to enter or leave the swimming pool without the permission of the coach/ lifeguard.

**Rule 11:** No food items other than water are allowed inside the swimming pool.



**Dr. Anand R. Nair**  
**Principal**

**PARENT CONSENT FORM FOR THE CIRCULAR NO: BPS/EC/2025-26/10**  
**(To participate in swimming lessons)**

**The proficiency level of my child in swimming is: (Please Tick the appropriate option below)**

1. Novice; ☐
2. Confident / good swimmer; ☐
3. Expert / Competitive swimmer; ☐

**Declaration by the Parent**

I \_\_\_\_\_, parent of \_\_\_\_\_, class \_\_\_\_\_ div \_\_\_\_\_ admission no \_\_\_\_\_ hereby allow my child to participate in the swimming after school activity. I confirm that my ward does not have any allergies, medical conditions, health concerns, or physical limitations that would prevent him/her from safely participating in the activities. I understand the inherent danger in swimming and the school will take all possible care and precautions to safeguard my ward. However, in case of any unforeseen incident, I will not hold the school responsible. By signing this form, I confirm that I have read, understood, and agreed to the above points and provide my consent for my ward to participate in the \_\_\_\_\_.

Name and signature of the father \_\_\_\_\_

E- Mail \_\_\_\_\_ Contact Number \_\_\_\_\_

Name and signature of the mother: - \_\_\_\_\_

E- Mail \_\_\_\_\_ Contact Number \_\_\_\_\_