



SWIMMING IN WINTER

MYTH: SWIMMING IN WINTER LEADS TO CHILDREN CATCHING MORE COLDS

FACT: Swimming keeps children active throughout the year. Children who swim throughout winter often catch far less colds and flu, as they are often fitter and maintain stronger immune systems. However, it is always important to dress for the weather when leaving the pool! Students should be well dried, dressed warmly, and the use of beanie will assist in maintaining body temperature, avoiding likelihood of illness'. It is not recommended to leave the Swim Centre wrapped in a wet towel or swimwear.

MYTH: HAVING A FEW WEEKS BREAK FROM LESSONS WON'T AFFECT A STUDENT'S SKILL PROGRESSION OR REGRESSION

FACT: Children often spend more time in and around water in summer which increases the risk of potential drowning. Children who stop swimming lessons over winter tend to forget or regress in their swimming skills, especially if their long term skill retention and muscle memory are in the early development stages.

Children are more likely to progress if they continue to develop skills that will enhance their water awareness and safety learnt

MYTH: HAVING A BREAK FROM SWIMMING WON'T AFFECT A CHILD'S WATER CONFIDENCE

FACT: Swimming is commonly a confidence-based activity for children, learning to trust a new teacher, new depth in the pool, even a new activity can be a big hurdle for some learners.

Returning after a break can deter student's confidence, and hinder their willingness to progress in skills. As many students' swim in summer this can affect the way children spend time in the water when enjoying family water based activities as well.

MYTH: COLD OR WET WEATHER CAN CAUSE INFECTIONS

FACT: It is clear that viruses and bacteria, not cold or wet weather, cause infections. Viruses and bacteria are often transmitted from person-to-person by inhaling them in the form of air droplets (from a sneeze or cough) or touching contaminated skin or surfaces and then touching the eyes or nose.

There is no evidence that humans can get a cold or other infection from exposure to cold weather, or from getting chilled or overheated.

OTHER BENEFITS TO SWIMMING IN WINTER:

- Demand for lessons is high in summer - it can often be difficult to secure a spot if waiting until the warmer weather arrives to enroll
- Classes tend to be smaller in winter which reduces the child to teacher ratio, due to parents pulling students out over winter.
- Staying active is a great way to keep your children healthy!