

## **Medical info on glasses, grommets, ear infections, sickness and verrucae**

**Removal of glasses** Please speak to your class teacher regarding any additional support your child will need when they remove their glasses for swimming.

**Ear Infections** Pupils with ear infections or grommets should seek parental and medical permission before being allowed to swim, as there is a risk of permanent deafness. If the medical advice is that the child should not swim the school will need to take a paper copy for file, in line with the PE policy for a written note explaining absence from PE.

**Foot Infections** The two common conditions which spread easily at swimming pools are *Tinea Pedis* (athlete's foot) and verrucae (plantar warts). It is not necessary to give pupils regular foot inspections but parents will be informed if any obvious blemishes are found.

*Tinea Pedis* is a fungus infection which occurs most frequently between the toes but sometimes on the sole of the foot and is more active in damp conditions. Any pupil with rawness or excessively white soggy skin between the toes or with a large number of blisters on the sole of the foot should be advised to seek treatment.

Verrucae are caused by a virus and can occur on any part of the foot, but are more common on the sole. They may or may not protrude above the level of the skin and are generally round in appearance, but they may pass unnoticed by a pupil since not all verrucae are painful. Some verrucae become covered with a layer of hard skin giving the appearance of a corn or callous. There is no justification for excluding wart sufferers from swimming, for modern medical opinion suggests that treatment is required only when the wart is painful. A waterproof rubber slipper can provide an effective barrier between the sole of the foot and the poolside.

**Pupils will not be excluded from swimming because of verrucae or similar foot infections.**

Swimming can continue provided a verruca sock covers the infected area. Verruca socks should not be shared as this allows the virus to be transmitted. It is important to remember no-one has ever died from a verruca but people, especially children, may die if they don't learn to swim. *AquaSafe Verruca Guard Socks for Swimming - Small - Child Size 12.5 - Adult 2* *sol online, in pharmacies and often in poundland.*

Open sores and breaks in the skin should be covered by a waterproof plaster.

**Pupils should not be allowed to go swimming if they have:**

- 1) A fungal infection, or molluscum contagiosum (skin growth caused by a viral infection in the top layers of the skin), other than on the feet. The pupil may only go swimming if confirmation is received that the condition has been treated and is no longer contagious, as the infection can be spread by direct skin to skin contact with an infected person or by indirect contact.
- 2) An infectious disease, e.g. chicken pox. The pool management and /or the Swimming Teacher may wish to see written confirmation that the individual is fit to participate in the lesson. (The child may still be spotty).
- 3) An upset stomach.