



diogelwch dŵr
Cymru
water safety
Wales



SWIM WALES®
NOFIO CYMRU

Annwyl Riant/Gwarcheidwad,

Bydd eich plentyn yn mynychu gwersi nofio yn yr ysgol yn fuan. Darllenwch y llythyr hwn i gael gwybodaeth werthfawr am y gwersi a'r hyn y disgwylir i ddysgu ei gyflawni erbyn diwedd eu hamser yn yr ysgol gynradd.

Mae nofio yn sgil bywyd. Mae'r gallu i nofio yn galluogi eich plentyn i gymryd rhan mewn amrywiaeth enfawr o weithgareddau hamdden trwy gydol eu bywyd, gan annog ffordd o fyw gytbwys ac iach. Yn ogystal, gallai'r sgiliau nofio hyn achub eu bywyd gan fod boddi yn un o'r prif achosion o farwolaethau damweiniol yn y DU. Felly mae'n hanfodol eich bod yn rhoi'r cyfle gorau i'ch plentyn i ddysgu'r sgil gwerthfawr hwn a fydd ganddynt am weddill eu hoes.

Mae Nofio Cymru, mewn ymgynghoriad â Diogelwch Dŵr Cymru, darparwyr nofio mewn ysgolion, ymgynghorwyr Addysg a Chwricwlwm i Gymru a Chwaraeon Cymru wedi ystyried pa gymwyseddau y gallai fod angen i rywun allu eu cyflawni er mwyn bod yn ddiogel yn y dŵr, arno ac o'i gwmpas. O fis Medi 2022, ni waeth pa grŵp blwyddyn ysgol y mae plentyn ynnddo, byddant yn cael eu hasesu gan ddefnyddio'r meini prawf isod:

1. *Heb gogls a gwisgo dillad (siorts a chrys-t), cyflawni naid i mewn i'r dŵr ac yna arnofio am 15 eiliad cyn dringo allan heb ddefnyddio'r grisiau. (isafswm dyfnder dŵr 1.0m, uchafswm bwrdd rhydd 0.38m)*
2. *Nofio 25 metr gyda dillad ymlaen (siorts a chrys-t, heb gogls na het nofio), yna troedio dŵr am 30 eiliad wrth geisio dal sylw rhywun i gael help.*
3. *Nodi'r negeseuon diogelwch dŵr allweddol.*

Sut alla i helpu fy mhleintyn?

- Sicrhau eu bod yn mynychu'r gwersi nofio yn yr ysgol.
- Eu bod yn gwisgo'r dillad nofio a argymhellir; gwisg nofio un darn i ferched, ac yn ddelfrydol, gwisgo siorts uwchben y pen-glin (dim siorts hir a ddefnyddir gan syrffwyr) i fechgyn.
- Dewch â dillad y gellir gwisgo yn y pwll nofio – siorts a chrys-t – i bob wers.
- Tynnwch unrhyw emwaith cyn mynd i'r ysgol.
- Os oes ganddynt wallt hir – clymwch y gwallt i fyny, mewn plethau neu mewn "byn" fyddai orau.
- Ewch i nofio yn ystod sesiynau cyhoeddus – caniateir plant dros 8 oed yn y rhan fwyaf o byllau gyda'u ffrindiau. Cadwch lygad am sesiynau nofio am ddim yn eich pyllau lleol.
- Anogwch nhw i nofio heb gogls – pe baent yn syrthio i ddŵr agored a fydden nhw'n gallu nofio hebddynt?
- Cofrestrwch nhw ar gyfer gwersi nofio gyda darparwr lleol.
- Cyfarwyddwch eich teulu â'r Cod Diogelwch Dŵr ac ystyr baneri'r traeth.

Am fwy o wybodaeth am nofio a gweithgareddu dŵr yng Nghymru, ewch i www.swimwales.org/cy.



Dear Parent / Guardian,

Your child will soon be attending school swimming lessons. Please read this letter to gain some valuable information regarding the lessons and what pupils will be expected to achieve by the end of primary school.

Swimming is a life skill. Being able to swim, allows your child to participate in a huge range of leisure activities throughout their life, encouraging a balanced and healthy lifestyle. In addition these, swimming skills could save their life as drowning is one of the leading causes of accidental death in the UK. Therefore it is imperative that you give your child the best opportunity to learn this valuable skill that they will have for the rest of their life.

Swim Wales, in consultation with Water Safety Wales, school swimming providers, Education and Curriculum for Wales consultants and Sport Wales have considered what competencies someone may need to be able to perform in order to be safe in, on and around water. From September 2022, regardless of what school year group a child is in they will be assessed using the criteria below:

- 1) *Without goggles and wearing clothes (shorts and t-shirt) perform a jump in entry then float for 15 seconds and climb out without using the steps. (minimum depth of water 1.0m, maximum freeboard 0.38m)*
- 2) *Swim 25 metres with clothes on (shorts and t-shirt, without goggles or swimming hat) then tread water for 30 seconds whilst signalling for help.*
- 3) *Identify the key water safety messages.*

How can I help my child?

- Ensure they attend the school swimming lessons.
- Wear recommended swimwear; a one piece costume for girls and ideally shorts above the knee (no board shorts) for boys.
- Bring clothes that can be worn in the pool – shorts and t-shirt – to each lesson.
- Remove any jewellery before school.
- If they have long hair – please tie it up - plaits or a “bun” would be best.
- Go swimming during public sessions – over 8s are allowed in most pools with their friends. Look out for free swimming sessions in your local pools.
- Encourage them to swim without goggles – if they fell into open water would they be able to swim without them?
- Enrol them for swimming lessons with a local provider.
- Familiarise your family with the Water Safety Code and meanings of the beach flags.

For more information about swimming and aquatics in Wales please visit www.swimwales.org.

