



## Disability Swimming

### Introduction

Exmouth Swimming and Life Saving Society have made the commitment to integrating members of all abilities whenever possible. To this end;

### Teaching and Coaching Swimmers with a Disability

ES&LSS subscribes to the view that all swimmers deserve the opportunity to achieve their full potential. Teaching and Coaching swimming is about focusing on a swimmer's abilities. New members into the Society are assessed in all sections. Swimmers with a disability are not excluded from assessments.

### Communication, Physical and Mental Conditions

Teaching and coaching relies on good communication and understanding. To this end, we require that all swimmers can:

- Cope in a group situation
- Move independently in water
- Process instructions independently
- Maintain concentration during the session.

### Classification

In the Competitive and Development and Masters sections, classification is the grouping of swimmers to ensure that there is a fair playing field. It is based on an individual swimmers functional ability to swim a particular stroke. It is important to note that swimmers who are said to have the same disability have many individual

differences. Their abilities and impairment factors will vary making it impossible to pigeonhole swimmers and create guidelines on a one-size-fits-all basis.

### Learning to Swim section

Following assessment and acceptance, it is important for parents to note that not all conditions come to light at age 5, which is the age that most swimmers start with us. Provided the swimmer is able to cope in our group structure, we will do our best to teach the child to swim. If, however, as the child develops it becomes evident that they can no longer cope within our lesson structure, we reserve the right to bring this to a parent's attention with a view to suggesting that alternative provision be made. We are not able to offer 1:1 tuition and must consider the other swimmers in a class.

### Local Disability Swimming Opportunities

Although we will do our utmost to promote equality and inclusion for all within the Club, and will never exclude membership on discriminatory grounds, we do however, need to recognise that there could be occasions when for whatever reason, we may be unable to cater for someone's specific special needs and may need to refer them elsewhere. Exeter and East Devon Sports Association for Disabled provides weekly sessions on Friday evenings 8-9pm at Exmouth pool, [www.parasport.org.uk](http://www.parasport.org.uk). We are not part of this organisation but include this information which is correct as far as we are aware.

Next review: April 2022