Disability Swimming

Introduction

Sutton & Cheam Swimming Club has made the commitment to integrating members of all abilities whenever possible. To this end;

- The club has adopted and communicated the ASA approved Equity Policy
- The club has completed a DDA Self Assessment
- Lead coaches and a current member of the club’s management committee have undertaken an ASA approved Equity Course
- The club works in partnership with local disability organisations
- Structures are in place to include disabled swimmers

Teaching & Coaching Swimmers with a Disability

Sutton & Cheam Swimming Club subscribes to the view that all swimmers deserve the opportunity to achieve their full potential. Coaching swimming is about focussing on a swimmer’s abilities rather than on disabilities; and creating the best learning/training environment for that swimmer to progress.

Where possible, Sutton & Cheam Swimming Club will do its utmost to provide an inclusive training environment and ensure swimmers with a disability are integrated seamlessly into the ‘mainstream’ of the club. We currently have swimmers with a disability who have represented the club in the National Swimming League and in water polo competitions.

Teaching and coaching swimmers who have a disability is no different to teaching and coaching non-disabled swimmers. The basic principles of BLABT (Body position, Legs, Arms, Breathing, Timing) still apply and it is merely a case of adjusting and adapting the learning and training process according to the swimmers’ abilities. Only from a health and safety point of view is it important to acknowledge what the specific impairment factors are.

Including Disabled Swimmers

All swimmers, whatever their abilities, should receive appropriate levels of coaching and pool-time relative to the level at which they are performing.

Currently, when inducting new members into the club, swimmers are assessed in the water according to their abilities; and on that basis allocated to the group or squad that is most appropriate to their needs. Swimmers with a disability are no different and are treated in exactly the same way. There are very few disabilities that would not allow a swimmer to be included in regular club training programmes

Communication

Teaching and coaching relies on good communication.

In all sports it is necessary for the teacher or coach to adapt their communication style to the athletes they work with. Disability swimming is no different and the swimmers will very quickly help to identify how they best communicate. There are some obvious modifications for different impairment groups, for example visually impaired swimmers will require good verbal instruction and discover by feel, while deaf swimmers will require good visual demonstrations.

All the regular communication guidelines such as clear and simple instructions, offering feedback, two way communication all apply the same as in any sport or life environment.
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**Classification**

For swimmers with a disability in the early stages of development, classification is not relevant. However, as swimmers move up the competition ladder, they will need to be classified.

Classification is the grouping of swimmers to ensure that there is a fair playing field. It is based on an individual swimmer's 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.

This is very evident in classifications where swimmers with the same disability can be classified into different classification groups.

**Other 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, reluctantly, as primarily a competitive club, we 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.

To this end, the club has established strong working links with the **London Borough of Sutton's disability swimming initiatives**, and with other local specialist disability-swimming clubs.

**Westcroft Leisure Centre lessons**

Exclusive lessons are run for non-swimmers with disabilities at Westcroft Leisure Centre Westcroft Road Carshalton on Wednesday evenings from 6:00 pm to 6:30 pm.

The sessions are run each term on a first-come, first served basis. Inclusion onto general courses is encouraged where possible.

Please call 020 8770 4800 or email jaynewalsh@slm-ltd.co.uk for further details.

For accessibility information about Leisure Centres in Sutton see [www.everyoneactive.com/Home/tabid/1628/default.aspx](http://www.everyoneactive.com/Home/tabid/1628/default.aspx)

**Waves Disability Swimming Session**

The Waves session, which takes place on a Wednesday evening between 6.30 – 8.00pm has seen the numbers of those participating jump dramatically over the past two years.

For ease of access the session has been broken down into 3 half hour sections although clients may attend for up to one hour.

The sessions are as follows:

- 6.30 – 7.00pm Children only
- 7.00 – 7.30pm Children & Adults
- 7.30 – 8.00pm Adults only

The Waves session aims to provide a safe, fun environment where disabled people can come to swim/play and interact with siblings and carers as well as making new friends. A
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fully qualified swimming teacher, who has 15 years experience working with people with disabilities and who is also a qualified nurse along with the swimming development officer, staffs the session.

The session provides a vehicle for those who are just venturing into the water for the first time to those trying to achieve a badge or award for the first time or it can simply provide the stepping-stone for those children who can already swim to go a stage further and start training to compete.

Those who are making a long-term recovery from a major operation or illness can also access the session.

In order to attend the session parents/carers must attend an induction to ascertain the needs of the client and the level of support required.

To book an induction please contact Westcroft Leisure Centre on 020 8770 4800.

Sign & Swim

Established in 1997, the Sign and Swim programme has proved to be a valuable asset for hearing impaired young people.

The Sign and Swim scheme is organised and co-ordinated by the Swimming Development Officer, Nick Ibrahim, who is part of the Sports Development Team in the Environment & Leisure Grouping of Sutton Council,

Leisure Management
24 Denmark Road
Carshalton
Surrey
SM5 2JG
Tel: 020 8770 4646

Visual Impaired Swimming Lessons

Established in April 2004, swimming lessons for children with a visual impairment have been provided by the London Borough of Sutton and the London Sports Forum for Disabled people.

For information on these and other borough initiatives, please contact the London Borough of Sutton's Swimming Development Officer, Nick Ibrahim

Leisure Management
24 Denmark Road
Carshalton
Surrey
SM5 2JG
Tel: 020 8770 4646

Links Disability Swim sessions at other local pools (include Accessibility)

Merton
Canons Leisure Centre
Morden Park Pools
Wimbledon Leisure Centre

For accessibility information about Leisure Centres in Merton see
http://www.better.org.uk/areas/merton
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Epsom
Rainbow Leisure Centre

For accessibility information about Leisure Centres in Epsom see www.better.org.uk/areas/epsom-and-ewell

Links Other Disability Clubs local – Sutton, Merton, Epsom

There are a number of clubs and organisations that provide swimming opportunities for disabled members of the community.

Epsom and Ewell Puffins Sports Club for Disabled
(http://www.dotcomunity.org.uk/dcu3_resources_for_disabled.php?type=Provider&id=5753&l2=1&l3=4&l4=44&area=36&local=Surrey)

To provide a social club for 19 to 49 year olds and then 50 plus adults with disabilities to participate in various sports and leisure activities at the Rainbow Leisure Centre. These activities include swimming, table tennis, bowls, boccia and badminton.

Meets at:
Rainbow Leisure Centre, East Street,
Epsom,
Surrey
KT17 1BN

Contact: Margaret Slatford
Tel: 01737 357645

Spartan Swimming Club for the Physically Disabled
(http://e-voice.org.uk/spartan/)

Spartan Swimming Club meets every Thursday at the Malden Centre pool between 6.30 and 8.00.

The Spartan Swimming Club for the physically disabled has been going for over 50 years. The club provides valuable support to physically disabled swimmers from 5 to 80 years of age. The disabilities can range from cerebral palsy, multiple sclerosis, amputees, stroke victims or sight/hearing impairment. The volunteer must be happy to swim up and down the pool with their partner offering them guidance and support.

Meets at: Malden Centre
Address: Blagdon Road, New Malden, KT3 4TA
Contact: Hilary Young
Phone: 020 8941 3255
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Links Disability Sports Organisations

London Sports Forum for Disabled people - www.londonsportsforum.org.uk

Direct Gov -

Disability Sports Coach Ltd - www.disabilitysportscoach.co.uk/

Disability Sport Events www.disabilitysport.org.uk

English Federation of Disability Sport - www.efds.co.uk

Visually Impaired - British Blind Sports www.britishblindsport.org.uk/

Hearing Impaired - British Deaf Swimming www.deafsports.org.uk/

Learning Impaired - UK Sports Association for People with Learning Disability (UKSAPLD) www.ncvo-vol.org.uk/askncvo/directory/?&id=345&lowStyle=on

Other non-competitive opportunities

For those swimmers more recreationally minded, there are also two non-competitive clubs within the borough who offer opportunities to train on a regular basis but not compete (except in fun galas), these are:

CAWPRA Swimming Club

CAWPRA is a friendly club that teaches and coaches youngsters from 5 to 16+ years on a Sunday evening at Cheam Leisure Centre from 6.30pm onwards. The emphasis is on learning and improving using the ASA Swimming Plan. Subscriptions are competitively priced. Adults can swim in a child free zone from 7.45 pm to 8.30 pm on Sunday.

Contact name & address:

Mrs Margaret Trotman Tel: 020-8643-0164 Fax: 020-8643-0717
31 Devon Road, Cheam, Surrey SM2 7PE

Dolphin Swimming Club

Dolphin teaches beginners to swim and improves technique for existing swimmers as well as building up stamina. The club meets at Cheam Leisure Centre on a Friday evening from 7.30 pm - 10.00 pm.

Mixed groups are taught from the ages of 6 - 18 years old.
Adults are welcome to swim between 9.30 pm and 10.00 pm.

Contact name & address:

Audrey Wallis Tel: 020-8644-8203
61 Newbolt Avenue, Cheam, Surrey

Geoff Butcher Tel: 020-8644-9692
78 Erskin Road, Sutton, Surrey