

**A fun, free &
relaxed event
connecting
people with
disability to
the swimming
community.**

ALL WELCOME.



the
abilities
program

 **swimming sa**

Participant Information Guide.

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The benefits of swimming.

The benefits of swimming are wide and multifaceted, and can be amplified for people with disability who may face additional life challenges.

About the Abilities Program.



Purpose.

To provide more opportunities for people with disability to connect with the swimming community and develop through dedicated pathways.

Objectives.

Encourage more people with disability to take up swimming through the provision of dedicated events.

To provide more opportunities for people with disability to connect with the swimming community and develop through dedicated pathways.

To build a sense of belonging for people with disability in the South Australian Swimming Community.

Values.

Events should be:

WARM:

Literally everyone can expect to feel a sense of belonging.

RELAXED:

Events promote casual and informal interactions promoting connection and comfort, with minimal fuss or structure.

IMPACTFUL:

Events are delivered in the interest of the wider community with an emphasis on cohesion and are not profit-generating activities.

SwimmingSA encourages anyone engaging with the Abilities Program to be mindful and supportive of these values.

How to get involved.

SwimmingSA in partnership with Novita is launching The Abilities Program to ensure more people with disability can receive the therapeutic and physical benefits of being a member of the swimming community and more opportunities to swim with cohesive pathways to all levels of the sport.

Whilst this is not a learn to swim experience, those with basic swimming ability are encouraged to come along and experience the joy of swimming at a relaxed club come'n'try event hosted by the club and venue with the support of dedicated coaches. Participants will have the opportunity to chat with members of the club, learn more about the pathways available and hear from brand ambassadors on their own experiences in and out of the water.

Through The Abilities Program, SwimmingSA hopes to encourage more coaches, officials and interested classifiers to come along and support people with disability to engage in the club environment.

The Abilities Program is FREE to attend

REGISTER FOR A SESSION



There are four identified referral centres across South Australia that will host come'n'try sessions, with easy venue accessibility, existing disability programs and experienced instructors and coaches who can provide tailored, positive, and inclusive programs.

- **Immanuel Piranhas**/Immanuel College Sports Centre, 32 Morphett Rd, Novar Gardens.
- **Marion SC**/SA Aquatic & Leisure Centre, 443 Morphett Road, Oaklands Park.
- **Norwood SC**/273 The Parade, Beulah Park & 322 Grange Rd, Kidman Park.
- **STARplex SC**/ Trinity College Gawler, Alexander Ave, Evanston South.



Pool Infrastructure & Equipment.

Pools are chosen for their ability to fulfil the needs of people with a range of disabilities, including the provision of adequate change rooms (including wheelchair access) and where possible, pool hoists. Short and long course pools are suitable.



Event Timing.

Clubs/venues will most likely host the the program on weekends as they a great fit with the relaxed, social vibe. and are typically good days to secure pool lanes away from the cluttered weekly competition schedule. These come'n'try events aim to maximise engagement of the wider community, avoiding dates of major meets and school holidays.



Registration Process.

Clubs may choose to create an online registration process, or offer an informal process keeping with the desired tone of the overall program. For example, the organiser may set up a facebook event page for people to click 'attending' or 'interested' which will additionally support the program's sharing and social media promotional efforts. Program communications must make it clear that participants must have water confidence and basic swimming skills and must let event organisers know prior to the day if they have particular needs that should be accommodated beyond those typically found at a public swimming pool (including accessible change rooms).



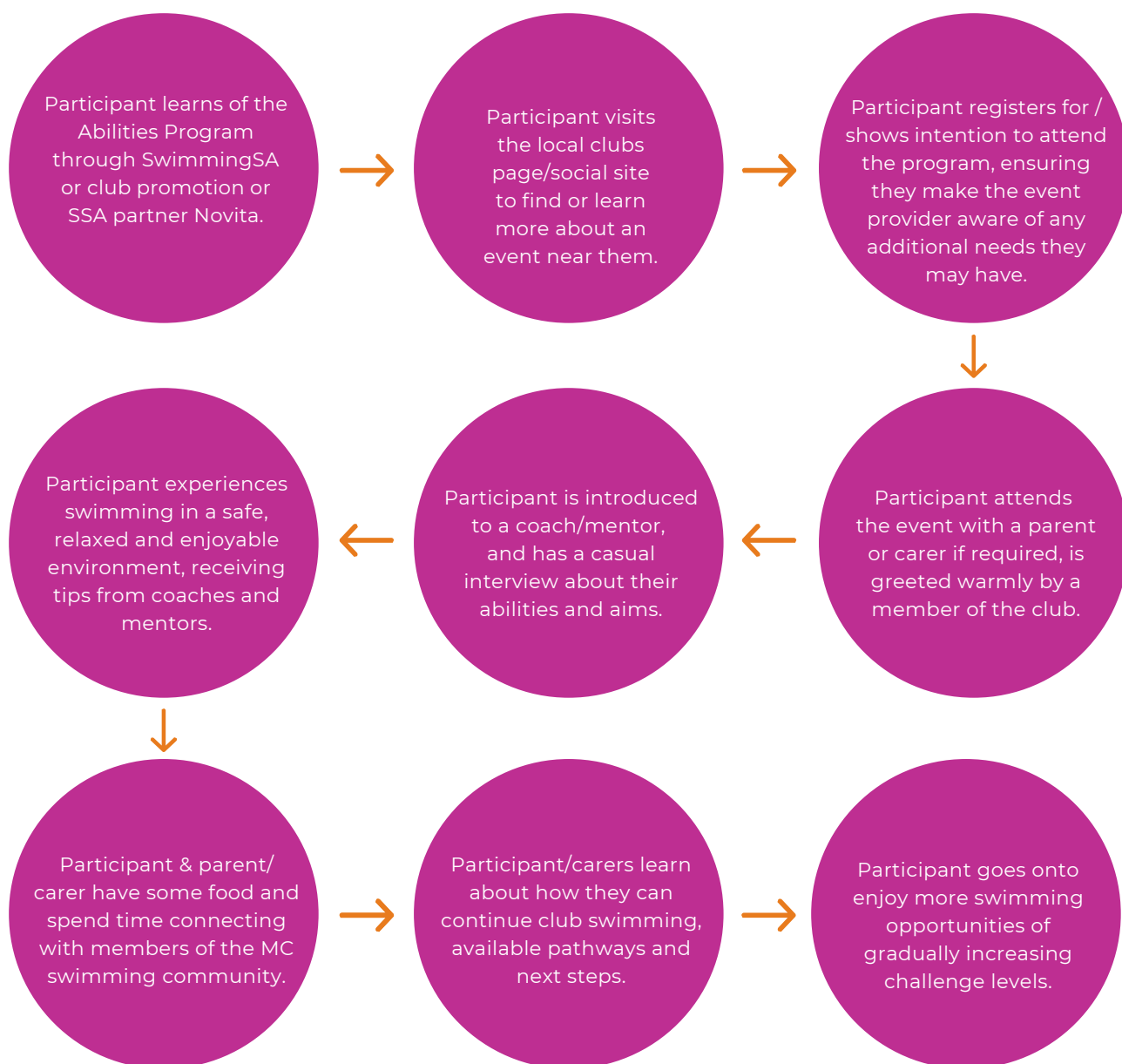
Legacy / Pathways.

SwimmingSA aims to support these events to increase demand for para swimming and Multi-Class swimming in clubs across South Australia, to provide the benefits of swimming to local communities and ensure more clubs are familiar and comfortable in the disability swimming environment so that pathways and more opportunities can be delivered.

Roles & Responsibilities.

PARTY	ROLES & RESPONSIBILITIES
SwimmingSA	<p>Develop and maintain program guidelines, and copyright.</p> <p>Support marketing efforts around local events.</p>
Club / Venue	<p>Set the event date and time and book pool space.</p> <p>Secure community support for the day, encouraging as many coaches and existing para athletes to attend as possible to coach, mentor, support, and facilitate a connection.</p> <p>Secure member support for the event. Members can be engaged in event promotion, supporting catering efforts, meeting and greeting participants and carers.</p> <p>Communicate with all local parties (including councils, private pool owners) to ensure the event has appropriate support and awareness.</p> <p>You could organise a social element - catering, BBQ etc. to support program values and participant interaction.</p> <p>Provide advice and guidance to participants, create a welcoming, warm and nurturing environment for all participants on the day.</p>
Participant	<p>Bring a long your swimmers, towel, cap and goggles and enjoy the relaxed environment.</p>

Participant Journey.



How you can find out about the Program.

- The Abilities Program page on SwimmingSA's website.
Posted on the local club/venue website
- Clubs and SwimmingSA's Social media platforms
- Your local council communication channels and our local radio station to see if they will support the event.
- Through disability service providers in your community including program partner Novita - physiotherapists, occupational therapists etc.
- From your friends, families and work colleagues.





For more information. Contact SwimmingSA ph. 08 7123 0848
email. admin@sa.swimming.org.au

Supported by



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