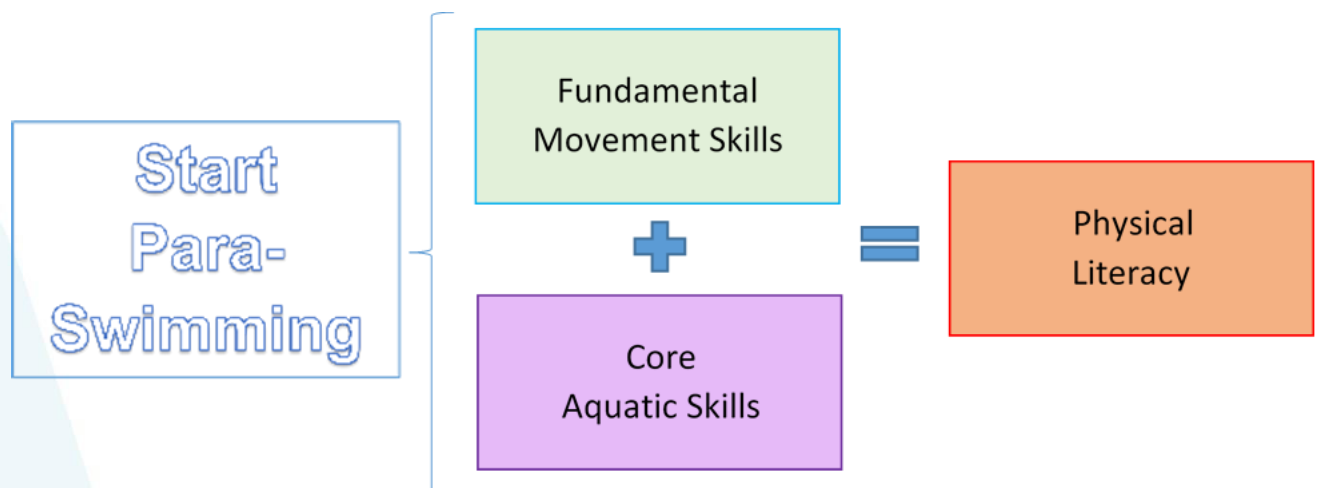


## Start Para-Swimming

### Introduction

Start Para-Swimming has been developed to improve the opportunities for a swimmer with a disability to take part in high quality swimming provision, to increase participation and potentially develop young swimmers to progress along the Para-Swimming Pathway. We are aware that Learn to Swim operators and swim teachers are often unsure of how/where to signpost young disabled swimmers onto further opportunities to become a Para-swimmer. Equally parents are unsure how they can further their young disabled child aquatics journey. Start Para-Swimming will help address this by providing a link to assist progression for young disabled people aged 5 – 16 from learn to swim lessons into a club environment. The region will work with you to develop a relationship with the Learn to Swim operator so that a seamless pathway exists where swimmers with a disability can access your Start Para-Swimming sessions.

The Start Para-Swimming programme sits within the higher stages of the FUNdamentals and focuses on the movement and core aquatic skills within the Athlete Development Support Pathway (ADSP).



Start Para-Swimming will also be a high profile programme that will be visible on Swim England's national website and will also be promoted and supported by national partners such as Activity Alliance and disability sport organisations e.g. Limb Power. This resource has been designed to give those delivering Start Para-Swimming the necessary information to deliver successful sessions at their centre or club. Included in this pack are tools needed in delivering high quality, fun, safe and objective driven sessions for swimmers with a disability.

## Eligible impairments for Start Para-Swimming

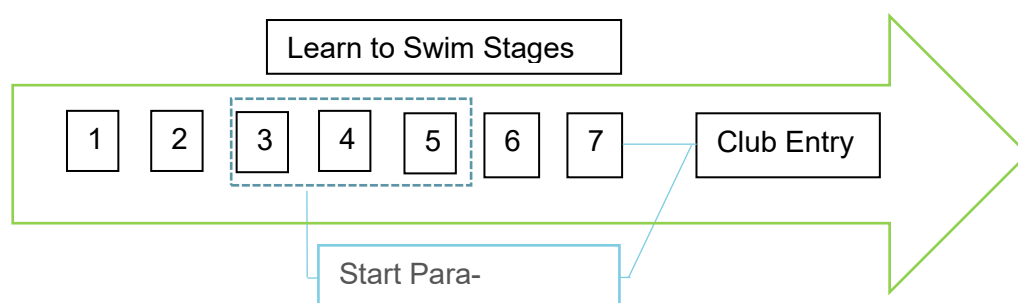
Start Para-Swimming is about targeting people with eligible impairments for Para-Swimming. Eligible impairments are below.

Impairment type	Examples of health conditions likely to cause impairment	Description of impairment
Hypertonia	Cerebral Palsy, stroke, acquired brain injury, multiple sclerosis	High muscle tone <i>Inclusions:</i> Hypertonia/ High muscle tone <i>Exclusions:</i> Low muscle tone
Ataxia	Ataxia resulting from Cerebral Palsy, brain injury, Friedreich's ataxia, multiple sclerosis, spinocerebellar ataxia	Control of voluntary movement <i>Inclusions:</i> Ataxia only <i>Exclusions:</i> Problems of control voluntary movement that do not fit descriptions of Ataxia.
Athetosis	Cerebral Palsy, stroke, traumatic brain injury	Involuntary contractions of muscle <i>Inclusions:</i> Athetosis chorea <i>Exclusions:</i> Sleep related movement disorders
Limb deficiency	Amputation resulting from trauma or congenital limb deficiency (dysmelia)	Total or partial absence of the bones or joints of the shoulder region, upper extremities, pelvic region or lower extremities.
Impaired Passive Range of Movement (PROM)	Arthrogyriposis, ankyloses post burns joint contractures	Impaired joint mobility <i>Exclusions:</i> Hypermobility of joints.
Impaired muscle power	Spinal cord injury, Muscular dystrophy, brachial plexus injury, Erb's Palsy, Polio, Spina Bifida, Guillain-Barre syndrome	Muscle power
Leg length difference	Congenital or traumatic causes of bone shortening in one leg	Aberrant dimensions of bones of right lower limb OR left lower limb but not both. <i>Inclusion:</i> shortening of bones of one lower limb <i>Exclusions:</i> shortening of bones in both lower limbs; any increase in dimensions
Short Stature	Achondroplasia, growth dysfunction	Aberrant dimensions of upper and lower limbs or trunk which will reduce standing height.
Visual impairment	Vision impairment arises from a variety of conditions – genetic, prenatal developmental issues or from illness of trauma Diagnoses that cause low vision in the range: A visual acuity of less than or equal to LogMAR 1.0 Or a visual field restricted to less than 20 degrees radius.	Impairment of the eye structure; Impairment of the optical nerve/optical pathways; Impairment of the visual cortex.

We do not expect you to be experts and understand all medical information about an individual's disability. If a swimmer informs you that they have been diagnosed with a physical disability or visual impairment that should be sufficient to allow them to enter Start Para-Swimming, providing that they meet the entry standards set out below. If clarity is needed on a condition please contact your regional office in the first instance.

For swimmers to progress and compete as a Para-Swimmer they will need to go through classification. At regional training swimmers can have their skills assessed for classification sign off which is the first step of the classification process. Having a disability does not guarantee that they will be classifiable. We will only know this once they have gone through classification. For further information on classification please click here: <https://www.britishswimming.org/performance/para-swimming/classification/>

### Start Para-Swimming model



Above shows how the model is aimed at supporting swimmers through their Learn to Swim journey.

From the existing Learn to Swim programme you should be able to recruit a number of young swimmers with eligible impairments at stages 3, 4 & 5 to access the Start Para-Swimming sessions. All swimmers who attend Start Para-Swimming cannot be assessed against the Learn to Swim framework. Swimmers can only be assessed against the Learn to Swim framework by the operator. All swimmers are encouraged to stay within their operator lead scheme. If a swimmer is not attending the local Learn to Swim programme they can still access Start Para-Swimming sessions. They should be encouraged to sign up to the leisure operator Learn to Swim scheme to aid their development. We envisage that all swimmers who complete Start Para-Swimming should be at the standard to transition into the clubs entry level point.

Participants can be charged a nominal fee for attending the session. It is aimed that this funding will help the session become financially viable in the first year. We would like participants to become Cat 1 members on entrance to Start Para-Swimming and when exiting in to the club entry standards swimmers should be registered Cat 2 members and will almost be ready for classification process.

### Access to future support & resources

All teachers and coaches involved with Start Para-Swimming are invited to attend Regional training with their swimmers. At regional training they will be able to receive support from experienced coaches on how to further develop their swimmers. At regional development

days the Para-Swimming talent team will be present and they will be able to provide further guidance and support in developing your swimmers and also potential ideas to support your development as a teacher/coach. All regional training will be coordinated by your region.

Below is a link to the Swimmer ID Toolkit. This has useful tips and information to develop swimmers.

<https://www.britishswimming.org/browse-sport/para-swimming/swimmer-id-toolkit/>

## Expected outcomes from Start Para-Swimming

We expect to see the following outcomes from delivering Start Para-Swimming.

- Each year identify a minimum of 10 swimmers with an eligible impairment. This will be confirmed through completed tracker ID forms.
- Swimmers who meet the exit standards as describe are progressed into your club environment. At least 3 swimmers a year progressing into club sessions.
- A minimum of 3 swimmers signed off for classification waiting list each year
- Engagement with regional training opportunities.
- Host taster sessions to promote programme.
- A seamless pathway from Learn to Swim into Start Para-Swimming
- End of the first year to have 10 swimmers attending the session regularly.

Tracker ID form can be found here:

<https://www.swimming.org/sport/para-swimming-advice/>

Electronic word documents will be sent to you if your are successful with your expression of interest.

## Groupings of young Swimmers with impairments eligible for Start Para-Swimming

Start Para-Swimming caters for a range of impairments, to assist delivery of the FUNdamentals within a Start Para-Swimming session, participants need to be assessed and put into the following groups;

- Group A – Swimmers with significant impairment to 3 or more limbs.  
Note: some swimmers may only perform a stroke on their back.
- Group B – Swimmers with significant impairment to 2 limbs, including dwarfism.  
Note: Some swimmers may perform strokes with 2 limbs only.
- Group C - Swimmers with significant impairment to 1 limb.
- Group D - Swimmers who are blind or have a visual impairment

## Entry into Start Para-Swimming from a Learn to Swim programme and exit into a competitive swimming club

Swimmers who have successfully achieved the following Assessment Outcomes from respective stages of the Swim England Learn to Swim Framework (impairment permitting) can enter a Start Para-Swimming programme. Swimmers will be assessed during the Start Para-Swimming programme and following the 10-12 weeks those who have successfully achieved the following Assessment Outcomes in the Start Para-Swimming programme can progress into a local competitive Swimming Club;

**Group A Swimmers Entry** following completion of Stage 3 – without floatation equipment or support, you will be able to:

1. Confident entry from poolside with or without assistance.
2. Sink, push away from wall and maintain a streamlined position (as impairment allows).
3. Push and glide on the front and log roll onto the back.
4. Push and glide on the back and log roll onto the front.
5. Travel 5 metres on the front, rotate onto the back and return on the front.
6. Correctly identify three of the four key water safety messages.
7. Push and glide and travel 10 metres on the back.
8. Push and glide and travel 10 metres on the front.
9. Perform a tuck, star or T float and hold for three seconds.
10. Confidently exit the water safely with or without assistance.

### **Group A Swimmers Exit;**

1. Float on front with face in the water for a minimum of 5 seconds\*
2. Float on back for a minimum of 5 seconds
3. Perform a float on front with face in the water and log roll onto back for a minimum of 5 seconds, then log roll onto front with face in the water for a minimum of 5 seconds
4. Push and glide on front
5. Push and glide on back
6. Push and glide and swim 25 metres backstroke effectively
7. Push and glide and swim 25 metres freestyle (front crawl) effectively
8. Push and glide and swim 10 metres breaststroke effectively
9. Travel 50 metres on front or back
10. Perform an effective turn (touch or tumble turn impairment permitting)
11. Perform an appropriate competitive start on front and back (impairment permitting)
12. Tread water or remain stationary on the surface for a minimum of 20 seconds

*\*Note: Some swimmers in Group A may not have a swallowing reflex and may only swim on their back – They must however, be able to perform a Face down float for at least 5 seconds for safety reasons.*

*\*Due to some impairments a swimmer may not be able to perform a legal stroke as defined by FINA. An assessment must be made of the individual to ensure the swimmer can perform and hold a recognisable stroke for the distance required, to the best of their ability regardless of their impairment.*

**Group B Swimmers Entry** following completion of Stage 4 – Without floatation equipment or support, you will be able to:

1. Perform a sequence of changing shapes (minimum of three) whilst floating on the surface and demonstrate an understanding of floating.
2. Push and glide from the wall towards the pool floor.
3. Kick 10 metres backstroke (one item of equipment optional).
4. Kick 10 metres front crawl (one item of equipment optional).
5. Kick 10 metres butterfly on the front or on the back.
6. Kick 10 metres breaststroke on the front (one item of equipment optional).
7. Perform a head first sculling action for 5 metres in a flat position on the back.
8. Travel on back and log roll in one continuous movement onto front.
9. Travel on front and log roll in one continuous movement onto back.
10. Push and glide and swim 10 metres, choice of stroke is optional.

*\*If a swimmer cannot kick due to their impairment then they must be able to travel with their arms performing an effective propulsive action.*

**Group B Swimmers Exit:**

1. Perform a float on front with face in the water and log roll onto back for a minimum of 5 seconds, then log roll onto front with face in the water for a minimum of 5 seconds
2. Push and glide on front
3. Push and glide on back
4. Push and glide and swim 25 metres backstroke effectively
5. Push and glide and swim 25 metres freestyle (front crawl) effectively
6. Push and glide and swim 25 metres breaststroke effectively
7. Push and glide and swim 4 recognisable strokes of butterfly effectively
8. Swim 50 metres with a combination of freestyle and backstroke
9. Swim 50 metres of 1 choice of stroke
10. Perform an effective touch turn
11. Perform an effective tumble turn (impairment permitting)
12. Perform an appropriate competitive start on front and back (impairment permitting)
13. Tread water effectively for a minimum of 30 seconds

*\*Due to some impairments a swimmer may not be able to perform a legal stroke as defined by FINA. An assessment must be made of the individual to ensure the swimmer can perform and hold a recognisable stroke for the distance required, to the best of their ability regardless of their impairment*

**Group C and D Swimmers Entry** following completion of Stage 5 – you will be able to:

1. Perform a flat stationary scull/paddle on the back
2. Perform a feet first sculling/paddle action for 5 metres in a flat position on the back
3. Perform a sculling/paddle sequence with a partner for 30-45 seconds to include a rotation
4. Tread water for 30 seconds
5. Perform three different shaped jumps into deep water
6. Push and glide and swim 10 metres backstroke
7. Push and glide and swim 10 metres front crawl
8. Push and glide and swim 10 metres breaststroke
9. Push and glide and swim 4 recognisable strokes of butterfly
10. Perform a surface dive
11. Perform a forward somersault
12. Demonstrate an action for getting help



### Group C and D Swimmers Exit:

1. Perform a float on front with face in the water and log roll onto back for a minimum of 5 seconds, then log roll onto front with face in the water for a minimum of 5 seconds
2. Push and glide on front
3. Push and glide on back
4. Push and glide and swim 25 metres backstroke effectively
5. Push and glide and swim 25 metres freestyle (front crawl) effectively
6. Push and glide and swim 25 metres breaststroke effectively
7. Push and glide and swim 25 metres butterfly effectively
8. Perform a 75 medley of backstroke, breaststroke and freestyle
9. Swim 50 metres choice of stroke
10. Perform an effective touch turn
11. Perform an effective tumble turn (impairment permitting)
12. Perform an appropriate competitive start on front and back (impairment permitting)
13. Tread water effectively for a minimum of 30 seconds

*\*Due to some impairments a swimmer may not be able to perform a legal stroke as defined by FINA. An assessment must be made of the individual to ensure the swimmer can perform and hold a recognisable stroke for the distance required, to the best of their ability regardless of their impairment*

### Overview of Start Para-Swimming Sessions

Start Para-Swimming programme is a 10-12 week block of activities in which the swimmers are developed, assessed and further developed to achieve the Exit Assessment Outcomes listed above. Following a 10-12 week block of sessions a swimmer will either achieve all Assessment Outcomes and move into a competitive Swimming Club, or be required to complete another 12 week block to further develop their skills and strokes in readiness for competitive swimming. A session lasts for 1 hour which aims to build on the standard 30 minute lesson in their Learn to Swim programme.

Session No.	● Aims	○ Objectives
1	<ul style="list-style-type: none"> <li>● Develop Streamlining and flutter Kicking</li> </ul>	<ul style="list-style-type: none"> <li>○ Pencil Floats and Rotations (streamline log rolls)</li> <li>○ Push &amp; Glide from the wall underwater</li> <li>○ Kicking practices with/out floats on front and back</li> </ul>
2	<ul style="list-style-type: none"> <li>● Develop Underwater efficiency and Backstroke technique</li> </ul>	<ul style="list-style-type: none"> <li>○ Floating activities with change of shape on back</li> <li>○ Log rolls from back to front</li> <li>○ Body positioning kick on back with/without flotation aids</li> <li>○ Introduce backstroke arm action</li> </ul>
3	<ul style="list-style-type: none"> <li>● Develop Underwater efficiency and Freestyle technique</li> </ul>	<ul style="list-style-type: none"> <li>○ Floating activities with a change of shape on front</li> <li>○ Log rolls from front to back</li> <li>○ Body positioning kick on front with/without flotation aids</li> <li>○ Introduce freestyle arm action</li> </ul>
4	<ul style="list-style-type: none"> <li>● Develop Underwater efficiency and Breaststroke technique</li> </ul>	<ul style="list-style-type: none"> <li>○ Establish effective kicking action</li> <li>○ Perform body positioning kick on front with/without flotation aids</li> <li>○ Perform effective sculling practices</li> <li>○ Introduce breaststroke arm action</li> </ul>

5	<ul style="list-style-type: none"> <li>Develop Underwater efficiency and Butterfly technique</li> </ul>	<ul style="list-style-type: none"> <li>Establish effective kicking action and body undulation</li> <li>Perform body positioning kick on front and back with/without floatation aids</li> <li>Perform effective sculling practices</li> <li>Introduce butterfly arm action</li> </ul>
6	<ul style="list-style-type: none"> <li>Assessment of all 4 competitive strokes</li> </ul> <p><i>*Note: ensure all distances are suitable for swimmers in groups A,B, C &amp; D</i></p>	<ul style="list-style-type: none"> <li>Swim 10-25 metres of each stroke slowly</li> <li>Swim 10-15 metres of each stroke at max speed</li> </ul>
7	<ul style="list-style-type: none"> <li>Develop Touch Turns</li> </ul>	<ul style="list-style-type: none"> <li>Perform tuck floats</li> <li>Perform push and glides from touch turn stance</li> <li>Float on front facing the wall &amp; perform a touch turn into push &amp; glide</li> <li>Streamline kicking into the wall and perform touch turn</li> </ul>
8	<ul style="list-style-type: none"> <li>Develop Tumble Turns</li> </ul>	<ul style="list-style-type: none"> <li>Surface dives from a face in float</li> <li>Perform tuck floats</li> <li>Perform forwards somersaults</li> <li>Streamline kicking into forwards somersaults</li> </ul>
9	<ul style="list-style-type: none"> <li>Assessment of all floating, movement sequences, push and glides and turns</li> </ul> <p><i>*Note: ensure all sequences are suitable for swimmers in groups A,B, C &amp; D</i></p>	<ul style="list-style-type: none"> <li>Perform float on front and back</li> <li>Perform log rolls</li> <li>Perform push and glide</li> <li>Perform turns (tumble &amp; touch)</li> </ul>
10	<ul style="list-style-type: none"> <li>Develop competitive starts on front and back</li> </ul> <p><i>*Note: adaptations may be needed due to impairments. Entry from poolside effectively in streamline</i></p>	<ul style="list-style-type: none"> <li>Push and glide on front</li> <li>Push and glide on back</li> <li>Sitting Dive from poolside</li> <li>Kneeling Dive from poolside</li> <li>Crouch Dive from poolside</li> </ul>
11	<ul style="list-style-type: none"> <li>Develop all stroke technique to assist medley swimming</li> </ul>	<ul style="list-style-type: none"> <li>Body position kick for each stroke</li> <li>Short swim repeats for each stroke</li> <li>Short medley swim repeats with all strokes</li> </ul>
12	<ul style="list-style-type: none"> <li>Assessment of distance swims</li> </ul> <p><i>*Note: ensure all distances are suitable for swimmers in groups A,B, C &amp; D</i></p>	<ul style="list-style-type: none"> <li>Swim 50-75 metres of each stroke</li> <li>Perform a competitive start for each swim</li> <li>Perform effective legal turns for each swim</li> </ul>