Start Para-Swimming

Expression of Interest form

Start Para-Swimming is a Swim England programme designed to get more young disabled people with an eligible impairment into clubs and develop them into Para-Swimmers. This programme is designed to provide a seamless pathway from Learn to Swim into clubs by offering additional sessions for young swimmers to develop their skills.

The additional sessions will be weekly, last 1 hour and could be delivered in term blocks (10-12 weeks) or run the whole year. All Start Para-Swimming sessions have to show connections from the Learn to Swim provider with clear entry points into the club(s) developmental/entry level.

Start Para-Swimming is targeting the following:

* Young disabled people aged 5 – 16 years old
* Focus is on physical disabilities and visual impairments
* Swimmers with an eligible impairment at stages 3 to 5 of Learn to Swim

Start Para-Swimming can be delivered within existing club time.

Swimmers who attend Start Para-Swimming cannot be signed off against the Learn to Swim framework. This can only be completed in their Learn to Swim programme. All swimmers should maintain their Learn to Swim programme.

Start Para-Swimming outcomes

Each Start Para-Swimming programme should achieve the following outcomes:

1. Each year identify a minimum of 10 swimmers with an eligible impairment. This will be confirmed through completed tracker ID forms.
2. End of the first year have at least 10 swimmers attending regularly.
3. All swimmers who attend complete tracker ID forms.
4. Hold taster sessions to promote programme.
5. Engagement with regional training opportunities.
6. Swimmers who meet the exit standards as described are progressed into club environment. A minimum of 3 swimmers progress into the club each year.
7. A minimum of 3 swimmers signed off for classification waiting list each year.

Funding

There is funding available to support the delivery of the project. All Start Para-Swimming programs should be designed to be financial sustainable after one year of funding.

Funding can be spent on the following:

* Pool/lane hire
* Volunteer expenses
* Coach/teacher fees

The maximum level of funding is £1000

Participants can be charged a fee to attend.

Please read the attached Start Para-Swimming information pack. This provides further details and may answer any questions you have.

Please complete the Expression of Interest form below and submit to Helen Mack, [helen.mack@southeastswimming.org](mailto:helen.mack@southeastswimming.org) by Friday 13th September 2019.

If you want to discuss Start Para-Swimming in more detail please contact Helen Mack or Martin Lees – Para Swimming Development Manager – [martin.lees@swimming.org](mailto:martin.lees@swimming.org)

Expression of Interest Form

Club name:

Lead contact:

Details:

Do you deliver your own Learn to Swim program, if yes how many young people with a physical or visual impairment do you have?

If no, who is your main Learn to Swim provider at your pool and do you have a good relationship with the operator?

Do you have pool time that could be used for Start Para-Swimming or would you need to purchase additional pool time?

What day and time would you be able to deliver Start Para-Swimming and when would you be able to launch Start Para-Swimming?

Could you please provide a break of the financial costs for Start Para-Swimming. See example below:

Lane hire £15 per hour x 48 weeks = £720

Teacher costs £10 per hour x 48 weeks = £480

Total cost = £1,200

When a swimmer achieves the exit standards for Start Para-Swimming, what is the entry group/session at your club?