

Topic	The water entry and exit practices are utilized to take the athlete through the stages to swimming readiness. Once these goals are achieved, the swimmer is now safe in the water and has developed all the basic skills from which to develop his/her swimming – skills, competition, recreation and fun.
Country, city	Turkey, Malatya
Name	Swimming - Water Entry and Water Exit
Aim	<ul style="list-style-type: none"> • To make the athlete feel safe in water. • To achieve mental adjustment to water.
Duration of the lessons	Specific practice workout: 10-15 minutes
Expertise, experience of trainer	All team members should be closely matched in age: <ul style="list-style-type: none"> • Within 3-5 years for athletes 21 years old and under. • Within 10-15 years for athletes 22 years old and over.
Age group	5 -- 17
Rules	Athlete Can: <ul style="list-style-type: none"> • Enter water with assistance. • Enter water independently. • Exit water with assistance. • Exit water independently.
Set of movements	<p>Water Entry</p> <p>Water Entry from Sitting Position - Assisted (Shoulder Method):</p> <ul style="list-style-type: none"> • Athlete sits on edge of pool with feet in water. Coach stands in front of athlete in the water. • Athlete places hands on coach's shoulders, keeping eye contact with coach. • Athlete leans forward. Coach places hands on athlete's upper arms and slowly walks backward. The coach should take care to ensure that the athlete's and coach's heads do not come in contact during this action. • Athlete slides into the water to a standing position. <p>Water Entry from a Sitting Position - Assisted (Hand-To-Hand Method):</p> <ul style="list-style-type: none"> • Sit on edge of pool facing the coach in the water. • Place athlete's hands (palms down) on the coach's hands (palms up). • Athlete leans forward and slides into the water, putting weight on hands for balance. • Athlete assumes a standing position. <p>Water Entry – Twist Method:</p> <ul style="list-style-type: none"> • Sit on the edge of the pool with legs in the water. • Place palms down on the deck and rotate body 180 degrees. • Athlete will end up facing the pool wall, arms and chest supporting the body. <p>Water Entry – Using a Ladder:</p> <ul style="list-style-type: none"> • Athlete faces toward pool wall. • Grip top of the ladder with thumbs on the inside and fingers on the outside of ladder railing. • Place feet on first step of ladder. • Continue down ladder one step at a time until both feet are on the bottom. <p>Water Entry – the Waist Hold Method (Use for maximum assistance):</p> <ul style="list-style-type: none"> • Athlete places hands around coach's neck. • Coach supports athlete by holding athlete's waist. • Athlete maintains eye contact with coach. <p>Water Entry – Hand-to-Hand Method (Use for maximum assistance):</p> <ul style="list-style-type: none"> • Athlete places his/her hands (palms down) on the coach's hands (palms up). • Both coach and athlete keep arms straight. <p>Water Exit</p> <p>Water Exit from Pool Edge – Independent:</p> <ul style="list-style-type: none"> • Face the edge of the pool and put hands on pool deck (palms down). • With feet pushing off the pool bottom, using good leg strength, the athlete lifts up while rotating his/her buttocks onto the pool edge. • From this position, the athlete rolls over to finish in a sitting position on edge of pool. <p>Water Exit – Ladder Method:</p> <ul style="list-style-type: none"> • Face ladder. • Grip sides of the ladder with thumbs on inside and fingers on the outside of ladder rail. • Place foot on bottom step. • Continue up ladder, one step at a time, until top step is reached. • Step onto pool deck.
Equipment	<p>Hardware: No needed</p> <p>Special clothing: Swimsuits, Cap, Goggles, Nose Clips and Towels.</p> <p>Any other material: Architectural barriers within and around the pool, entrances, doorways, Restrooms and showers, Locker or change rooms, pool decks and bottom, water depth and condition, water and air temperature, ladder, steps, stairs and ramps, lighting, review emergency plan, and determine the specific signals that are used in identifying an emergency within the facility, check for slippery deck conditions and remove standing water, ensure there are certified lifeguards with no other duty but to guard.</p>
Required space	Pools and aquatic areas that are properly supervised usually have the equipment described before. The equipment is kept in view at the pool or in the swimming area.
Inclusive experience	No prior experience, but knowledge development

Type of disability	Rules (game rules, duration)	Instructions	Set of movements	(Adapted) Equipment
Hearing impairment Complete loss	Scatter a large quantity of swimming equipment (e.g., plastic bottles, spongers, pool toys, etc.) in pool to make it more inviting. Try to schedule a minimum of two training session per week	Have swimmers wear swim goggles to become aware of the new sensation. Place two tape marks, shoulder distance apart, on the deck edge. Sit the athlete to the side of tape markings (opposite athlete's dominant side). Once seated, have athlete reach with dominant hand across body and onto far tape mark. Head and shoulders will turn with arm placement.	x	Hearing protection or ear plug, if needed.
Reduced hearing	Scatter a large quantity of swimming equipment (e.g., plastic bottles, spongers, pool toys, etc.) in pool to make it more inviting. Try to schedule a minimum of two training session per week.	Speak slowly and precisely - come to the point. Make sure the athlete keeps eye contact with the coach. Face the athlete when you speak. Do not obscure your mouth. (depends on %)	x	Hearing protection or ear plug, if needed.
Visual impairments Low vision	Give clear, concise instructions. Demonstrate – increase accuracy of instruction. Try to schedule a minimum of two training session per week.	Allow the athlete to feel the movement of the demonstrator and guide the arms and legs through the desired movements. Give verbal reassurance to the athlete. Reinforce that you have hold of the swimmer, and that he/she is safe.	x	Prescribed goggles
Reduced vision	Allow the athlete to feel the movement of the demonstrator and guide the arms and legs through the desired movements. Give clear, concise instructions. Demonstrate – increase accuracy of instruction. Try to schedule a minimum of two training session per week.	Give verbal reassurance to the athlete. Reinforce that you have hold of the swimmer, and that he/she is safe. Allow the athlete to feel the movement of the demonstrator and guide the arms and legs through the desired movements.	x	Prescribed goggles
No vision	Allow the athlete to feel the movement of the demonstrator and guide the arms and legs through the desired movements. Create clear, concise goals. Give clear, concise instructions. Demonstrate – increase accuracy of instruction. Try to schedule a minimum of three training session per week.	Allow the athlete to feel the movement of the demonstrator and guide the arms and legs through the desired movements. Make sure the athlete's feet are on the bottom before letting athlete's hands go. Give verbal reassurance to the athlete. Reinforce that you have hold of the swimmer, and that he/she is safe.	x	Goggles with extra water protection
Mobility impairment Reduced mobility (use of lower limbs and upper limbs)	Ensure that all prospective aquatics athletes have a thorough physical examination before the first practice. Also, be sure to obtain parental and medical releases. Try to schedule a minimum of two training session per week.	As the swimmer becomes more relaxed and comfortable, offer less assistance as swimmer is lowered into the water.	x	1) Use a pool lift or a ramp to help athletes. (2) Have athletes wear a flotation waist belt. (3) Use the shallow end of the pool. (4) Use properly trained lifeguards or assistant coaches. (5) Shorten length of practice time. (6) Ask a physical therapist to act as an advisor.
Reduced mobility (use of lower limbs and no use of upper limbs)	Ensure that all prospective aquatics athletes have a thorough physical examination before the first practice. Also, be sure to obtain parental and medical releases. Try to schedule a minimum of three training session per week.	When body is firmly placed on the deck edge and upper body rotated, athlete will turn (roll) hips, legs, and feet so that the entire body position depends on strength. Take care that the athlete does not jump forward and crash into you. Move back carefully and guide the swimmer to your side.	x	Have athletes wear a flotation waist belt. (3) Use the shallow end of the pool. (4) Use properly trained lifeguards or assistant coaches. (5) Shorten length of practice time. (6) Ask a physical therapist to act as an advisor.
Reduced mobility (no use of lower limbs and no use of upper limbs)	Ensure that all prospective aquatics athletes have a thorough physical examination before the first practice. Also, be sure to obtain parental and medical releases. Try to schedule a minimum of four training session per week.	Stand behind the athlete and gently assist him/her into the water. If possible, a second coach can assist in the water. Use of a kickboard by the athlete is recommended when a second coach is not available. The purpose of the kickboard is to balance and/or support the individual and to prevent the body from totally immersing.	x	Have athletes wear a flotation waist belt. (3) Use the shallow end of the pool. (4) Use properly trained lifeguards or assistant coaches. (5) Shorten length of practice time. (6) Ask a physical therapist to act as an advisor. No adapted equipment needed
Wheelchair users (use of upper limbs)	Ensure that all prospective aquatics athletes have a thorough physical examination before the first practice. Also, be sure to obtain parental and medical releases. Try to schedule a minimum of three training session per week.	Stand behind the athlete and gently assist him/her into the water. If possible, a second coach can assist in the water. Use of a kickboard by the athlete is recommended when a second coach is not available. The purpose of the kickboard is to balance and/or support the individual and to prevent the body from totally immersing.	x	Have athletes wear a flotation waist belt. (3) Use the shallow end of the pool. (4) Use properly trained lifeguards or assistant coaches. (5) Shorten length of practice time. (6) Ask a physical therapist to act as an advisor. No adapted equipment needed

<p>Wheelchair users (no use of upper limbs)</p>	<p>Ensure that all prospective aquatics athletes have a thorough physical examination before the first practice. Also, be sure to obtain parental and medical releases.</p> <p>Try to schedule a minimum of four training session per week.</p>	<p>Increases athlete's level of physical fitness. Remain in one place for visual and auditory reference.</p>	<p>x</p>	<p>Have athletes wear a flotation waist belt. (3) Use the shallow end of the pool. (4) Use properly trained lifeguards or assistant coaches. (5) Shorten length of practice time. (6) Ask a physical therapist to act as an advisor.</p>
<p>Communication impairment Speech impairments</p>	<p>Sing song or rhyme as athlete enters water from sitting on the side of the pool, with assistance.</p> <p>Try to schedule a minimum of two or three training session per week.</p>	<p>Face the athlete when you speak. Do not obscure your mouth. Face the athlete when you speak. Do not obscure your mouth. Remain in one place for visual and auditory reference.</p>	<p>x</p>	<p>(1) Use a pool lift or a ramp to help athletes. (2) Have athletes wear a flotation waist belt. (3) Use the shallow end of the pool. (4) Use properly trained lifeguards or assistant coaches. (5) Shorten length of practice time. (6) Ask a physical therapist to act as an advisor. No adapted equipment needed</p>
<p>Learning impairment Mild</p>	<p>Teaches the athlete sports skills that are essential to a variety of other activities</p> <p>Try to schedule a minimum of two training session per week.</p>	<p>Stand in front of the athlete, giving verbal cues to ensure proper hand position. The second coach ensures proper foot position while standing behind the athlete in the water, giving support as needed.</p>	<p>x</p>	<p>Use specific toys to teach them better</p>
<p>Moderate</p>	<p>Learning is increased when information progresses from:</p> <ul style="list-style-type: none"> • Known to unknown – discovering new things successfully. • Simple to complex – seeing that "I" can do it • General to specific – this is why "I" am working so hard <p>Try to schedule a minimum of three training session per week.</p>	<p>Place tape on ladder to indicate proper place for each hand: red for one hand, green for the other.</p>	<p>x</p>	<p>(1) Use a pool lift or a ramp to help athletes. (2) Have athletes wear a flotation waist belt. (3) Use the shallow end of the pool. (4) Use properly trained lifeguards or assistant coaches. (5) Shorten length of practice time. (6) Ask a physical therapist to act as an advisor.</p>
<p>Severe</p>	<p>Plan maximum use of resources Emphasize and reward things the athlete is doing well.</p> <p>Try to schedule a minimum of four training session per week.</p>	<p>Don't give verbal reassurance to the athlete. Have moved him or her by guiding</p>	<p>x</p>	<p>x</p>