

Topic	Just as motor skills development is the first vital step for beginner land-sports athletes, water familiarization and adjustment is the first critical stage for beginner aquatics athletes. These practices will prepare athletes for progression through all stages of aquatics training and competition. Missed or omitted components will hinder swimmers at some stage of their swimming and will need to be taught. The following 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 Familiarization and Adjustment to the Pool Environment
Aim	<ul style="list-style-type: none"> • To achieve mental adjustment to water. • To develop a physically balanced person in water. • To demonstrate the abilities of the athlete. • To properly prepare the athlete for swimming skills. • To make the athlete feel safe in water.
Duration of the lessons	<p>The Warm-Up: 20-25 minutes</p> <p>Specific Practice Workout: 20-60 minutes</p> <p>The Cool-Down: 15-20 minutes</p>
Expertise, experience of trainer	<p>All team members should be closely matched in age:</p> <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	<p>Athlete Can:</p> <ul style="list-style-type: none"> • Enter water with assistance. • Enter water independently. • Blow into water. • Demonstrate continuous breathing and exhalation pattern. • Move from back float to front and return independently. • Push and glide on front/back with assistance. • Push and glide on front/back independently. • Scull using small or full arm movements. • Kick while holding onto pool side/gutter. • Move forward using kickboard and flutter kick on back with assistance. • Move forward using back flutter kick independently. • Mushroom float.
Set of movements	<ul style="list-style-type: none"> • From back float. mushroom float and recover <p>Mental Adjustment (Water Confidence)</p> <p>Mental adjustment is a continuous factor throughout the program and is of prime importance in the early stages of taking an athlete into the water. After a full familiarization with the pool environment, including toilets, change rooms, and start preparation for entry to the pool, talk with your athletes about what to expect regarding water temperature, depth, how buoyancy affects the body, resistance (weight of water) and head control (blow water away when it comes near face).</p> <p>Breathing in the Water</p> <p>Getting athletes to feel safe and have trust in the water is key to their success. Teach your athletes to breathe in their hands regularly to help develop water confidence. In addition, having athletes blow bubbles while in the water is a good technique to develop water confidence.</p> <p>Disengagement</p> <p>This is a gradual progress from the earliest stage, when the athlete's reliance on someone else is complete, to the time when the athlete performs all tasks independently. When skills have been learned thoroughly, and the athlete is progressing to new skills, he/she may have to re-engage and gradually disengage again as proficiency increases – part of mental adjustment.</p> <p>Vertical Rotation</p> <p>Vertical rotation is one of the two planes of rotation in the water. Vertical is rotation forward around one's center of buoyancy.</p> <p>Lateral Rotation</p> <p>Lateral rotation is the other plane of rotation and can be performed either in the vertical or horizontal positions – that is standing or lying. These skills are required to return to a safe breathing position and require many separate skills to achieve.</p> <p>Up Thrust</p> <p>Up thrust or buoyancy is a property of water and allows the athlete to work against the bottom of the pool.</p> <p>Turbulent Gliding</p> <p>Turbulent gliding is a means of progression through water. With the athlete in the back float position, the coach creates turbulence by standing at the swimmer's head and moving backward. The swimmer is drafted along by the "tow" of the water. The swimmer must control his/her body to keep it in balance.</p> <p>Basic Backstroke</p> <p>The basic backstroke can now be developed from the simple progression. In the back position, the arms are lifted high out of the water or the body will sink. The arms are taken low and fast over the water at about 10 o'clock and 2 o'clock positions. The arms are then brought to the sides and the swimmer glides</p>
Equipment	<p>Hardware:</p> <p>Touch Pads, Pace Clock, Pull Buoys.</p> <p>Special clothing:</p> <p>Swimsuits, Cap, Goggles, Nose Clips and Towels.</p> <p>Any other material:</p> <p>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, Check wheelchair access, Timing Devices, Starting Devices, Backstroke Flags.</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	This is a gradual progress from practice 1 to practice 8. Specific water entry practices are needed as prior experience

Type of disability	Rules (game rules, duration)	Instructions	Set of movements	(Adapted) Equipment
Hearing impairment Complete loss	Have the athlete perform the practice several times. If the athlete performs the practice correctly three out of five times, decide that practice has been accomplished. 45min. – 60min.	Swimmers cannot wear hearing aids in the water. Get the athlete's attention before you begin to demonstrate. Face the athlete when you speak. Use demonstrations. Teach appropriate aquatic sign language. Face athlete when giving directions. Use extra lifeguards.	x	Hearing protection or ear plug, if needed.
Reduced hearing	Have the athlete perform the practice several times. If the athlete performs the practice correctly three out of five times, decide that practice has been accomplished. 45min. – 60min.	Use small enclosure or smaller pool area to hear better. Remain in one place for visual and auditory reference. Use extra lifeguards. Use demonstrations. Teach appropriate aquatic sign language. Face athlete when giving directions.	x	Hearing protection or ear plug, if needed
Visual impairments • Low vision • Reduced vision	Have the athlete perform the practice several times. If the athlete performs the practice correctly three out of five times, decide that practice has been accomplished 45min. – 60min.	(depends on %) Swimmers who have partial sight and wear glasses should wear prescription goggles. Orient blind athletes to the new environment - changing rooms, starting blocks, finish area, pool depth and other relevant details. The pool environment can impact vision either positively or negatively, depending on lighting, glare or refraction of water. It may be useful to have an assistant in the water to manually guide the blind swimmer through the desired movements. Allow the athlete to feel the movement of the demonstrator and guide the arms and legs through the desired movements. Coaches need to use concise verbal instructions and descriptions. Use body patterning and physical assistance when teaching strokes. Blind swimmers experience problems in maintaining direction and orientation in the water. Sometimes, blind swimmers have a "tapper" assistant who uses a long stick with a soft ball attached to the end. They tap the shoulder of the swimmer just before the swimmer turns and/or finishes. The decision to use a tapper is between the coach and swimmer. The tapper needs to work with the swimmer on a regular basis. When the race is more than one pool length, two tappers are required. Some blind swimmers are extremely hesitant to finish a race without this assistance. Keep athletes aware of their progress and motor patterns. Simple stages and understanding are necessary. Most will learn with patience. Some vision-impaired swimmers are not permitted to dive due to their eye condition. These swimmers are permitted to start in the water.	x	Prescripted goggles
Visual impairments • No vision	Have the athlete perform the practice several times. If the athlete performs the practice correctly three out of five times, decide that practice has been accomplished 45min. – 60min.	Orient blind athletes to the new environment - changing rooms, starting blocks, finish area, pool depth and other relevant details. The pool environment can impact vision either positively or negatively, depending on lighting, glare or refraction of water. It may be useful to have an assistant in the water to manually guide the blind swimmer through the desired movements. Allow the athlete to feel the movement of the demonstrator and guide the arms and legs through the desired movements. Use body patterning and physical assistance when teaching strokes. A lot of vision impaired swimmers are frightened when learning to dive. Simple stages and understanding are necessary. Most will learn with patience. Some vision-impaired swimmers are not permitted to dive due to their eye condition. These swimmers are permitted to start in the water.	x	Goggles with extra water protection
Mobility impairment Reduced mobility (use of lower limbs and upper limbs)	Have the athlete perform the practice several times. If the athlete performs the practice correctly three out of five times, decide that practice has been accomplished 35min. – 50min.	Coaches must be aware of the swimmer's medical history, their abilities and their restrictions. Constant and continual repetition and reinforcement can reduce coordination problems. Swimmers may have a slower reaction time when initiating movement to commands (e.g., diving). May have limb movement restrictions. Therefore, the swimmer must work at their maximum capacity to enable optimum performance. The CP swimmer must be taught to move any affected limb to the best of his/her ability.	x	Use a pool lift or a ramp to help athletes. Have athletes wear a flotation waist belt. coaches.

<p>Reduced mobility (use of lower limbs and no use of upper limbs)</p>	<p>Have the athlete perform the practice several times. If the athlete performs the practice correctly three out of five times, decide that practice has been accomplished</p> <p>25m – 40m (Perform practice at least three out of five times.)</p>	<p>Care is required, when a double-arm amputee is diving, as there are no arms to protect the head.</p> <p>Quadruplegics may need to increase body roll to facilitate breathing. When there is no movement of a limb, the coach must analyze where best to position the affected limb to cause the least drag for the swimmer. Coaches must be aware of the swimmer's medical history, their abilities and their</p>	<p>x</p>	<p>Use a pool lift or a ramp to help athletes.</p> <p>Have athletes wear a flotation waist belt. coaches.</p>
<p>Reduced mobility (no use of lower limbs and no use of upper limbs)</p>	<p>Have the athlete perform the practice several times. If the athlete performs the practice correctly three out of five times, decide that practice has been accomplished. For back-stroke practice, kicking action can't be used. (with no arm and leg strokes, only hover and dolphin movement)</p> <p>Use the shallow end of the pool. Use properly trained lifeguards or assistant Shorten length of practice time. Do warm-up exercises in very shallow water. Ask a physical therapist to act as an advisor.</p> <p>25min. – 40min.</p>	<p>Sometimes, poor circulation can also be evident. When a limb is paralyzed, the skin loses its sensitivity and circulation is poor. Therefore, it is necessary to try to avoid bumping or scraping the legs, as abrasions will not be felt and take a long time to heal. If working in shallow water or where there is a chance of abrasion, it is advisable that the swimmer wear socks to protect their feet. When there is no movement of a limb, the coach must analyze where best to position the affected limb to cause the least drag for the swimmer. Coaches must be aware of the swimmer's medical history, their abilities and their restrictions.</p>	<p>x</p>	<p>Use a pool lift or a ramp to help athletes.</p> <p>Have athletes wear a flotation waist belt. coaches.</p>
<p>Wheelchair users (use of upper limbs)</p>	<p>Have the athlete perform the practice several times. If the athlete performs the practice correctly three out of five times, decide that practice has been accomplished. For back-stroke practice, kicking action can't be used. (with no arm and leg strokes, only hover and dolphin movement)</p> <p>Use the shallow end of the pool. Use properly trained lifeguards or assistant Shorten length of practice time. Do warm-up exercises in very shallow water. Ask a physical therapist to act as an advisor.</p> <p>Check wheelchair access</p> <p>35min – 50min</p>	<p>Teach breaststroke, rather than backstroke (Practice 8) as early as possible, as this stroke best accommodates the Wheelchair users (use of upper limbs)with hands reaching in front of body. It is a useful skill for recreational swimming. Balance problems may be experienced when diving, particularly off the blocks.</p>	<p>x</p>	<p>Use a pool lift or a ramp to help athletes.</p> <p>Have athletes wear a flotation waist belt. coaches.</p>
<p>Wheelchair users (no use of upper limbs)</p>	<p>Have the athlete perform the practice several times. If the athlete performs the practice correctly three out of five times, decide that practice has been accomplished. For back-stroke practice, kicking action can't be used. (with no arm and leg strokes, only hover and dolphin movement) (with no arm and leg stroke)</p> <p>Use the shallow end of the pool. Use properly trained lifeguards or assistant Shorten length of practice time. Do warm-up exercises in very shallow water. Ask a physical therapist to act as an advisor.</p> <p>Check wheelchair access</p> <p>25min – 40min</p>	<p>Many wheelchair users can be very rigid. This results in problems when teaching them how to float. The stump must be used and moved in the same direction as if it existed. This will assist with balance.</p>	<p>x</p>	<p>Use a pool lift or a ramp to help athletes.</p> <p>Have athletes wear a flotation waist belt. coaches.</p>
<p>Communication impairment Speech impairments</p>	<p>Have the athlete perform the practice several times. If the athlete performs the practice correctly three out of five times, decide that practice has been accomplished.</p> <p>Use the shallow end of the pool. Use properly trained lifeguards or assistant Shorten length of practice time. Do warm-up exercises in very shallow water. Ask a physical therapist to act as an advisor.</p> <p>45min. - 60min.</p>	<p>Get the athlete's attention before you begin to speak. Face the athlete when you speak. Do not obscure your mouth. You do not have to talk loudly. Face athlete when giving directions.</p>	<p>x</p>	<p>Use a pool lift or a ramp to help athletes.</p> <p>Have athletes wear a flotation waist belt. coaches.</p>
<p>Learning impairment • Mild • Moderate</p>	<p>Have the athlete perform the practice several times. If the athlete performs the practice correctly three out of five times, decide that practice has been accomplished.</p> <p>Use the shallow end of the pool. Use properly trained lifeguards or assistant Shorten length of practice time. Do warm-up exercises in very shallow water. Ask a physical therapist to act as an advisor.</p> <p>25min – 40min</p>	<p>Never let an athlete to swim alone. Only swim where the athlete feels safe and confident. Do not swim if your athlete feels sick or has missed medications. Make sure that your athletes are accompanied and/or observed by a strong swimmer who can assist them. Swimmers do not need to swim deeper than their partner's shoulder height, unless they have lifesaver qualifications and experience.</p>	<p>x</p>	<p>Use a pool lift or a ramp to help athletes.</p> <p>Have athletes wear a flotation waist belt.</p> <p>Use extra Lifeguards</p>

<p>Severe</p>	<p>Have the athlete perform the practice several times. If the athlete performs the practice correctly three out of five times, decide that practice has been accomplished.</p> <p>Use the shallow end of the pool. Use properly trained lifeguards or assistant</p> <p>Shorten length of practice time. Do warm-up exercises in very shallow water. Ask a physical therapist to act as an advisor.</p> <p>20min. - 30min.</p>	<p>Never let an athlete to swim alone. Only swim where the athlete feels safe and confident. Do not swim if your athlete feels sick or has missed medications. Make sure that your athletes are accompanied and/or observed by a strong swimmer who can assist them. Swimmers do not need to swim deeper than their partner's shoulder height, unless they have lifesaver qualifications and experience.</p>	<p>x</p>	<p>Use a pool lift or a ramp to help athletes.</p> <p>Have athletes wear a flotation waist belt. coaches.</p> <p>Use extra Lifeguards</p>
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