

I Want to Participate In...

Swimming Lessons

Name: _____ Age: _____

My goal(s) for participating in swimming lessons:

I would like to:

- improve my comfort level in the water
- learn to move more independently in the water (with or without a floatation device)
- to enjoy a fun activity with friends
- work on a specific skill or skills (please note): _____
- _____

What I already know about swimming:

On a scale from 1 to 10, I would rate my comfort level with swimming as:

1	2	3	4	5	6	7	8	9	10
Not at all comfortable				Somewhat Comfortable					Extremely Comfortable

Things that may make it challenging for me to participate in swimming:

- managing in the change room (e.g., coping with noise, routine, smells, etc.)
- waiting in the corridor/on deck prior to the start of lessons
- leaving parent/caregiver and joining instructor to move to pool deck
- listening to instructions on the deck/in the water
- following instructions on the deck/in the water
- entering the water
- being held/supported in the water by the instructor
- dealing with the noise level while in the pool
- wearing equipment: goggles, nose plugs, ear plugs, flotation device
- temperature of the pool
- exiting the water
- transitioning from swimming lesson back to change room
- receiving feedback from my instructor
- _____

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You can help me to participate successfully in swimming lessons by thinking about:

The way you interact with me:

- giving me short, simple, step-by-step instructions
- giving me more time to understand you
- using pictures to show me what you would like me to do
- showing me how to do the activity while using words to describe it
- praising me when I make progress
- giving me hand-over-hand assistance
- giving me clear and specific feedback about my performance
- letting me sit poolside for a few minutes before class starts to get used to the water and to connect with my instructor
- _____

The activity:

- breaking down skills into smaller steps and teaching me one step at a time
- giving me frequent breaks
- changing the structure of the activity
- shortening the length of the activity
- relaxing the rules (if this is possible)
- modifying or adapting the equipment
- assign me a buddy who can model parts of the activity for me (this will help me to follow directions and to stay focused)
- _____

The environment:

- providing a quiet corner for me to calm down if things get overwhelming
- asking me about where the best place is for me so that I can see and hear well
- providing a support person to assist me
- placing me in a smaller class
- _____

A Resource from *CanChild's* Participation Knowledge Hub
<https://www.canchild.ca/en/research-in-practice/participation-knowledge-hub>