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

_________________________________________________________________________________________________________
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
- __________________________________________________________________________

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