I Want to Participate In...

Swimming Lessons

Name:				Ag	e:				
My goa	l(s) for pa	rticipat	ing in sv	wimming less	sons:				
I would	l like to:								
	learn to m to enjoy a work on a	nove mo fun act specifi	ore inder ivity wit c skill or	h friends	the wate e note):				atation devic
What I	already k	now abo	out swin	nming:					
On a sc	ale from 1	to 10,	would	rate my com	fort leve	l with sv	vimming	; as:	
1	2	3	4	5	6	7	8	9	10
Not at all mfortable				Somewhat Comfortable					Extremely Comfortable
Things	that may	make it	challen	ging for me t	o partici	pate in s	swimmin	ıg:	
			_	oom (e.g., co n deck prior				smells,	etc.)
	leaving parent/caregiver and joining instructor to move to pool deck								
		-	_	-			ve to poc		
	listening t	o instru	ictions o	on the deck/i	n the wa	iter	ve to poo		
	listening t following	to instru instruc	ictions o tions on	-	n the wa	iter	ve to poo		
	listening t following entering t	to instructinstruction he wate	ictions o tions on er	on the deck/i the deck/in	n the wa	iter er	ve to poc		
	listening t following entering t being held	to instructinstruction instruction instruction in the water indicates in the support of the support in the supp	ictions on tions on er orted in	on the deck/i the deck/in the water by	n the wate the wate the inst	iter er	ve to poc		
	listening t following entering t being held dealing w	to instructinstruction water the water the the instruction in the inst	ictions on tions on er orted in noise lev	on the deck/i the deck/in the water by yel while in th	n the wate the wate the instr ne pool	er er ructor			
	listening t following entering t being held dealing w wearing e	to instructinstruction the water language in the interest of t	nctions on er orted in noise levent: gogg	on the deck/i the deck/in the water by	n the wate the wate the instr ne pool	er er ructor			
	listening to following entering to being held dealing wearing etemperate	to instructinstruction the water disapped ith the requipments of the contraction of the contraction in the c	nctions on er orted in noise levent: gogg	on the deck/i the deck/in the water by yel while in th	n the wate the wate the instr ne pool	er er ructor			
	listening to following entering to being held dealing wearing etemperations the following the follow	to instructinstruction the water ith the requipment of the water	etions on er orted in noise lev ent: gogg ne pool	on the deck/i the deck/in the water by yel while in the gles, nose plu	n the wate the wate the inst ne pool gs, ear p	er ructor lugs, flo	tation de		
	listening to following entering to being held dealing wearing enterperate exiting the transition	to instructinstruction the water that the requipment are of the e water ting from	actions on er orted in noise lev ent: gogg ne pool	on the deck/i the deck/in the water by yel while in th	n the water the instruction the instruction of the pool gs, ear property oack to change the change of the change o	er ructor lugs, flo	tation de		





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

The way you interact with me.

	dy you meet wet 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
	·
Thog	ctivity
THE U	ctivity:
	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 e	nvironment:
	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



