



Scottish  
Water

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# Inclusive Swimming

*“My ability is stronger  
than my disability”*

east renfrewshire

**CULTURE  
& LEISURE**

## The National Learn to Swim Framework

The National Learn to Swim Framework is an inclusive programme that develops opportunities and provides a progressive pathway for people with a physical, sensory or learning impairment. Scottish Swimming support Learn to Swim Providers to ensure inclusion of children with a disability in their mainstream programmes. We provide education, resources and guidance to ensure a child-centred approach is taken allowing every child the opportunity to join, progress and thrive in a quality learn to swim environment.

Swimming provides the opportunity to learn a life skill whilst interacting and having fun in a group environment. This should be no different for a child with a disability and where possible your child will be included in a class with their peers.



**'It's great to develop as a swimmer  
and be seen beyond my disability'**

**Toni Shaw**

World Para Swimming World Champion

## What should you expect from a swimming lesson programme?

All children should be having fun! They should be involved in games-based activities to help them learn skills such as breathing, submerging and moving in the water. Swimming strokes will be introduced gradually once a child has learned basic core aquatic skills.

## Other things to note:

- Additional assistance may be offered both in and out the pool environment, if required
- Children will be encouraged and motivated to try tasks independently and provided with the skills and confidence to do this
- Children will be encouraged to use their own arm and leg strength; even if this is limited it is important that they continue to exercise as many muscle groups as possible
- Teachers will focus on your child's ability and make appropriate adjustments
- Teachers may introduce additional equipment to ensure a positive outcome
- Teachers will use a variety of communication methods to interact with your child
- Assessment criteria will be adapted to ensure your child continues to progress through the pathway

## What lesson providers and teachers will expect from you:

- As parents and carers, YOU are the experts on your child
- As teachers, they are the swimming experts and will take time to adapt the learning process to meet your child's needs – Please Be Patient!
- Open communication with the lesson provider is essential to ensure a positive experience for your child
- Be honest about your child's needs and requirements from when they join and throughout their learn to swim journey.
- Work together... everyone wants your child to have the best possible experience and continue to enjoy swimming
- Support and encourage their love for swimming

“I’m really proud to be an ambassador for the Learn to Swim Framework and really pleased that swimmers with a disability are taught in inclusive learn to swim environments. If there’s someone with a disability and the swimming teachers are aware of the impairment the lessons can be adapted. It’s great to develop as a swimmer and be seen beyond my disability. This has helped me integrate into a performance environment where I get to train alongside other world-class athletes.”

**Toni Shaw, World Para Swimming World Champion**

“Scottish Swimming is a great example of a sport’s governing body that is committed to and actively delivering their sport in an inclusive way and this is particularly prominent with their work around the Learn to Swim Framework and engagement with local partners.”

**Gavin MacLeod, CEO, Scottish Disability Sport**

“We are proud to support the National Learn to Swim Framework and are delighted that it will reach 100,000 children across Scotland giving inclusive opportunities for children to become confident, competent and safe swimmers”

**Brian Lironi, Director of Corporate Affairs, Scottish Water**

Ask your local Leisure Trust or aquatics provider about swimming lessons for your child – a full list of Scottish Swimming Framework Providers is listed on [www.learntoswim.scot/aquatic-providers](http://www.learntoswim.scot/aquatic-providers)



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[www.learntoswim.scot](http://www.learntoswim.scot)

[www.scottishswimming.com](http://www.scottishswimming.com)

[www.scottishdisabilitysport.com](http://www.scottishdisabilitysport.com)



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Airthrey Castle | Hermitage Road |  
University of Stirling | Stirling | FK9 4LA