



## Guidance for Aquatics Identifying Ability Days as part of the Playground to Podium Framework

September 2009

### Introduction to the Identifying Ability Days intervention

As part of the Playground to Podium Framework; the national strategy for the identification, development and support of talented young athletes, School Sport Partnerships (SSPs) are tasked with delivering **Identifying Ability Days** to bring together those young disabled people identified as showing higher ability in PE and Sport, through PE curricular routes, multi sport opportunities and competitions, to experience a range of high quality coaching environments through which to assess their sporting potential.

SSPs should deliver **at least three** partnership wide Identifying Ability Days during the academic year, to identify young disabled people from both mainstream and special schools with higher abilities in PE and Sport, and signpost them to the next stage in the pathway. These should consist of two to three 'multi sport' days and at least one 'aquatics' focused day.

From these days, a minimum of **15** young disabled people aged 11-18 with **confirmed higher ability** in PE and Sport should be identified. 70% of these should have a physical and sensory (hearing and visual) impairment, with 30% having severe learning disabilities. Five of these young disabled people should show potential in aquatics, and these should be identified from key stages 2-3.

Young disabled people, who are confirmed as having higher abilities at the Identifying Ability Days, will be signposted to the **County Athlete Assessment Days** for a more formal assessment and high quality coaching in specific sports, which will be delivered by the Governing Body.

### Purpose of this resource

This guidance has been provided by the Amateur Swimming Association (ASA) to assist SSPs with identifying the young disabled people who show potential in aquatics and who can be signposted to the County Athlete Assessment Days. This resource describes the process for identifying young disabled people from Identifying Ability Days with higher abilities in aquatics, through to signposting those young people with swimming abilities to the County Athlete Assessment Days.

Resources to assist SSPs have been provided by the ASA and these include

- ASA Disability Swimming Identification Guidance
- ASA Disability Swimming Assessment Forms
- British Swimming Eligibility Criteria for classification
- ASA Playground to Podium Swimmer Pathway
- Examples of Methods of Delivery
- FAQs

### Further Information

We hope this information will help you to deliver a successful Identifying Ability Day. Should you require more information please visit the Parasport Website [www.parasport.org.uk](http://www.parasport.org.uk) or contact the relevant ASA P2P Officer.



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## **Process for identifying young disabled people for Swimming Athlete Assessment Days.**

### **Stage 1: SSP Aquatics Identifying Ability Day**

SSP Aquatics Identifying Ability Day held for **all** young disabled people, who have shown higher ability in PE and Mainstream Sport.

*Supporting Resources: Youth Sport Trust 'Identifying Ability Days' handbook (formally Athlete Identification Days handbook).*

These young people will be assessed to assist identification in order to progress to the County Athlete Assessment Days. This could be delivered through an inclusive or dedicated session.

The ASA have produced three recommended groupings for swimmers. In order for young disabled people to potentially progress further it is important that the young person is in the appropriate group, depending on their disability, and can complete **all** of the identified assessment criteria for that group. However the progress and development of young people achieving four or more of the assessment criteria should be also monitored. The criteria can be assessed by a swimming teacher or swimming coach.

Please note you **do not** need to classify your swimmers at SSP level. Should you wish to look further into the classification elements for disability swimming please visit the ASA website at: [www.britishswimming.org](http://www.britishswimming.org)

*Supporting Resources: British Swimming Eligibility Criteria for classification  
ASA Identifying Ability Guidance, ASA Disability Swimming Assessment Forms. All of which can be found on the Parasport website and the ASA Support CD.*

### **Stage 2: Swimming County Athlete Assessment Days**

The aim is to deliver the Swimming County Athlete Assessment Days, during the summer term, and then subsequent summer terms. In order to ensure that there is the opportunity for your young disabled swimmers to potentially attend the County Athlete Assessment Days it is advisable that you complete your SSP Aquatics Identifying Ability Day during the spring term, by February.

At the Swimming CAADs the young disabled people will be more formally assessed for potential talent in swimming by ASA P2P Officers.

### **Stage 3: Next Steps**

Swimmers will be assessed and signposted to appropriate sporting opportunities according to their abilities.



## ASA Disability Swimming Identification

Identifying Ability sessions should be undertaken at least 12 weeks prior to the CAAD, to enable swimmers where are almost at a point, to make the next step to hone their skills.

Consideration will need to be given to the number of helpers required depended on the range of disabilities.

Swimmers need to be group according to their disability to aid delivery of the ability assessments. There are three groups.

### Group A

Swimmers with severe motor difficulties in three or four limbs. Usually require electric wheelchair or wheelchair to be pushed on land.

Note Some will perform a stroke on their back only, some swimmers may use floatation devices or aids

### Group B

Swimmers with moderate motor difficulties in two limbs. May be able to propel wheelchair or walk with/without sticks or crutches.

Visually impaired from birth - no vision

Note Some may perform stokes with two limbs only

### Group C

Swimmers with minimum permanent loss of physical ability from birth or as a result of an accident.

Visually impaired

Hearing impaired

Learning Disability

It is recommended that the activities are performed mainly over widths\* and that all entries are made from the side of the pool with appropriate consideration given to depth of water and the ability of the swimmer.

Assessment forms have been provided outlining expected outcomes and should be used for the identification of swimmers to progress to the County Athlete Assessment Days.

\* Width = 10metres Length = 25metres



**ASA GROUP A - SWIMMER ID**

**ONCE THE SSP ABILITY DAY HAS BEEN REGISTERED ON MY LOGBOOK THIS FORM SHOULD BE DOWNLOADED TO ASSIST IN THE ASSESSMENT OF SWIMMERS.** (Please note the is a template)

**Event Organiser:** \_\_\_\_\_

**Date:** \_\_\_\_\_

- a) Able to make a safe entry into the pool (either aided or unaided)
- b) Able to rotate from front to back and vice versa
- c) Able to float on back for 5–10 seconds
- d) Able to perform a minimum of 1 stroke over a distance of between 1 width and 1 length
- e) Able to race over a distance of 1 width
- f) Able to make a safe exit from the pool (either aided or unaided)

NAME	D.O.B	DISABILITY	a	b	c	d	e	f	COMMENTS



**ASA GROUP B – SWIMMER ID**

**ONCE THE SSP ABILITY DAY HAS BEEN REGISTERED ON MY LOGBOOK THIS FORM SHOULD BE DOWNLOADED TO ASSIST IN THE ASSESSMENT OF SWIMMERS.** (Please note the is a template)

**Event Organiser:** \_\_\_\_\_

**Date:** \_\_\_\_\_

- a) Able to make a safe entry into the pool (aided or unaided)
- b) Able to float on front & back for 5–10 seconds and rotate from back-front-back
- c) Able to swim a minimum of 1 length in 1 stroke and attempt to swim 1 length in another stroke
- d) Able to maintain a controlled breathing pattern throughout each swim
- e) Able to race over a distance of 1 width
- f) Able to make a safe exit from the pool (aided or unaided)

NAME	D.O.B	DISABILITY	a	b	Butterfly	Breast stroke	Back Stroke	Front Crawl	f	e	COMMENTS
					c, d,	c, d,	c, d,	c, d,			
					c, d,	c, d,	c, d,	c, d,			
					c, d,	c, d,	c, d,	c, d,			
					c, d,	c, d,	c, d,	c, d,			
					c, d,	c, d,	c, d,	c, d,			
					c, d,	c, d,	c, d,	c, d,			



**ASA GROUP C – SWIMMER ID**

**ONCE THE SSP ABILITY DAY HAS BEEN REGISTERED ON MY LOGBOOK THIS FORM SHOULD BE DOWNLOADED TO ASSIST IN THE ASSESSMENT OF SWIMMERS.** (Please note the is a template)

**Event Organiser:** \_\_\_\_\_

**Date:** \_\_\_\_\_

- a) Able to make a safe entry into the pool
- b) Able to perform a float on front & back for 5–10 seconds and rotate from back-front-back
- c) Able to perform 3 strokes over a distance of 2 widths
- d) Able to attempt all 4 strokes over a distance of 2 widths
- e) Able to swim a minimum of 1 length in 1 stroke and attempt to swim 1 length in another stroke
- f) Able to maintain controlled breathing pattern throughout over a minimum of 1 length swim
- g) Able to race over a distance of 1 width
- h) Able to make a safe exit from the pool

NAME	D.O.B	DISABILITY	a	b	Butterfly	Breast stroke	Back Stroke	Front Crawl	f	g	h	COMMENTS
					c. d. e.	c. d. e.	c. d. e.	c. d. e.				
					c. d. e.	c. d. e.	c. d. e.	c. d. e.				
					c. d. e.	c. d. e.	c. d. e.	c. d. e.				
					c. d. e.	c. d. e.	c. d. e.	c. d. e.				