

CASEY ARC

SWIMMING LESSON SOCIAL STORY

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Guidelines

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For your Social Story to be successful, we recommend you follow these guidelines.

- Read Social Story often.
- Social Story to be read and shared in an environment free of distractions.
- Be calm, comfortable and honest when reading a Social Story.
- Help the participant comprehend key points and consistently monitor for level of understanding.

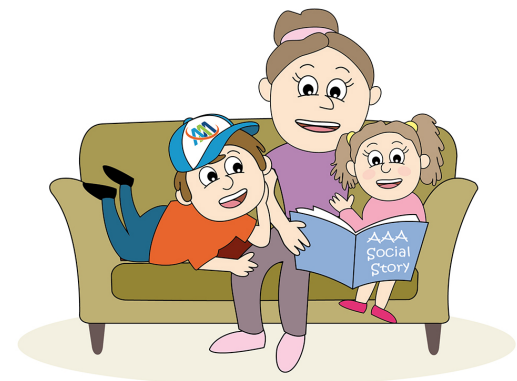


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I am going to Casey ARC for a swimming lesson.

My swimming lesson is for children who come from other countries and have different abilities.



My swimming lesson will go for 30 minutes.

My swimming lesson is on

- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday
- ☐ Saturday
- ☐ Sunday



In my swimming bag, there will be a towel, bathers, goggles and my scanning tag to enter the pool.

My bag might also have a swimming cap and ear plugs.



When we arrive, I will see people at reception who work at the pool.

They are called staff.



At reception, there is a gate.

The gate will open when I tap my scanning tag on the scanner.

The gate will open when I tap my scanning tag on the scanner and I can then enter the pool hall with my trusted adult.



I might see other people swimming laps and playing in the pools.

I might hear announcements over the public announcement system.

I might see lifeguards wearing a bright yellow and red uniform.

Lifeguards help make sure that everybody is safe in the pool.



My trusted adult will take me to the change room.

The change room is used to get dressed for swimming.

There are also toilets in the change room.



Swimming lessons will happen in the warm water pool or the 50-metre pool.

My trusted adult will show me where to go.

It is important to walk to the pool area. Not run.

Walking will help to keep me safe.



My swimming teacher will be wearing a red rash vest.

My swimming teacher will tell me when it is time to start the lesson.

There will be two other children in the swimming lesson.

There might be a few swimming teachers or parents in the water too.



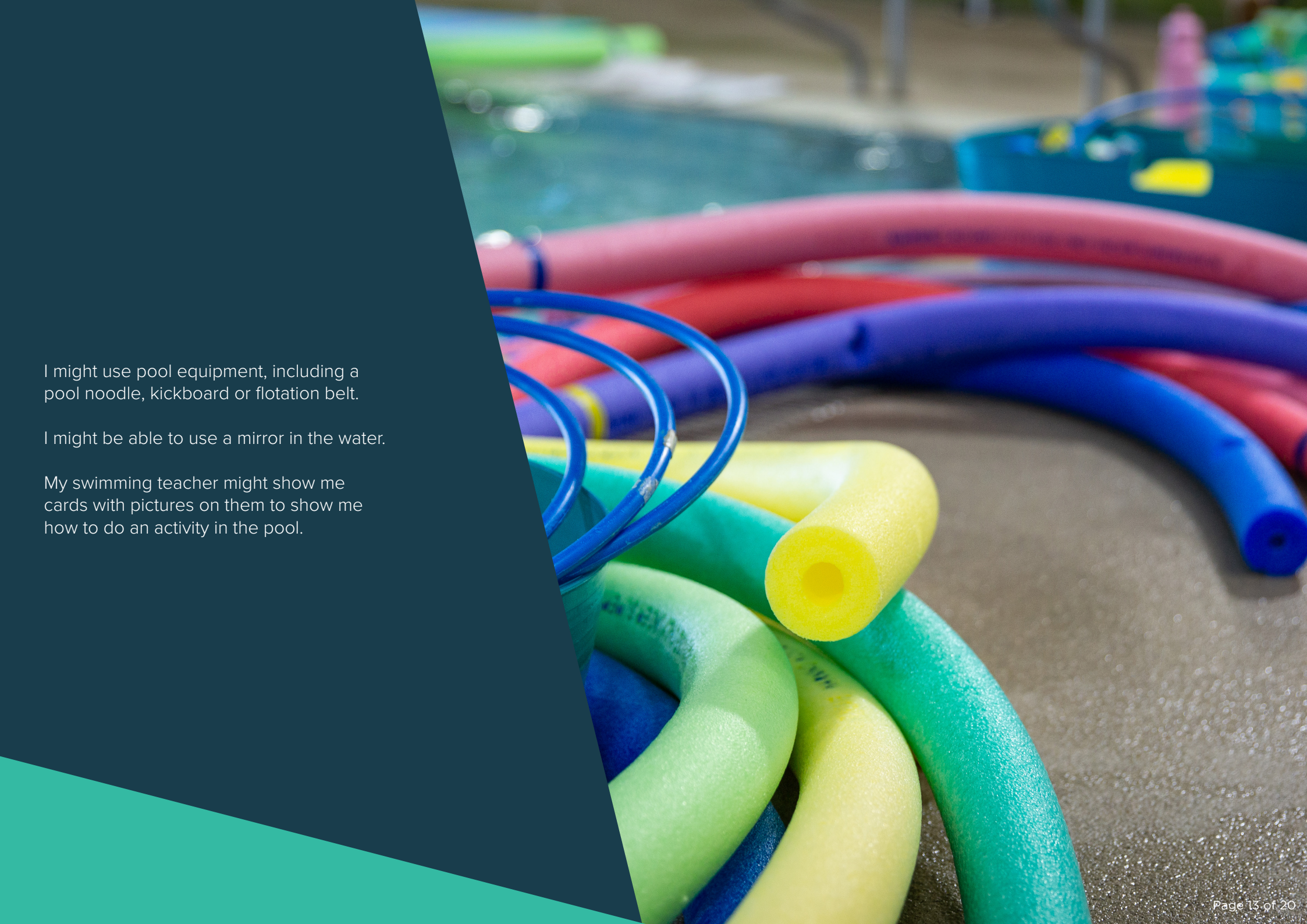
My swimming teacher will help me to learn new skills in the water.

I might practice putting my eyes in the water and blowing bubbles.

I might practice walking in the pool, floating or kicking.

I might practice treading water, swimming strokes, or picking toys up from under the water.





I might use pool equipment, including a pool noodle, kickboard or flotation belt.

I might be able to use a mirror in the water.

My swimming teacher might show me cards with pictures on them to show me how to do an activity in the pool.

It is important to have my ears above the water and listen to my swimming teacher when they are talking.

This will make my teacher feel happy.

I will try to wait my turn during the activities.

Waiting my turn is a fair thing to do.

I will try to keep my hands and legs still and keep my head above water while waiting my turn to do an activity.

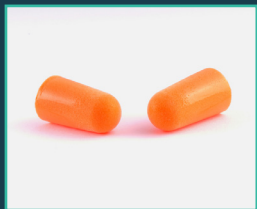


Sometimes I might feel like there are lots of people at the swimming pool.

Sometimes it might sound loud.



I can wear my ear plugs and swimming cap to help me with the noise.



I may get out of the pool and sit with my trusted adult for a few minutes.

There will be a swimming teacher wearing a blue t-shirt that walks around the outside of the pool.

Their job is to answer any questions and help children if they feel worried during swimming lessons.



At the end of the swimming lesson, we might practice jumping into the 50-metre pool and getting out of the pool safely.

We might play a game.

The swimming teacher will tell me when the lesson is finished.



When the swimming lesson is finished, my trusted adult will take me to the change room.

I can use the changeroom to get dry and dressed.

I can choose to have a shower in the change room, or I can choose to put on my clothes and have a shower at home.



Swimming lessons are fun!



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