



# Andrew (Boy) Charlton Pool

1C Mrs Macquarie Road  
The Domain NSW 2000

Phone 1300 198 412

[abcpool.org](http://abcpool.org)

## Social Story

A swimming lesson

**CITY OF SYDNEY** 

# Guidelines

Thank you for choosing to use a Social Story written for Andrew (Boy) Charlton Pool. This Social Story is written by [Access Ability Australia](#) and is suited for a person who may live with autism spectrum disorder, a language disorder, social communication difficulties and/or a cognitive delay/disability.

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

- Read Social Story often and preferably 2 weeks in advance of visit.
- 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.
- Once the visit has taken place, revisit the Social Story to celebrate success.

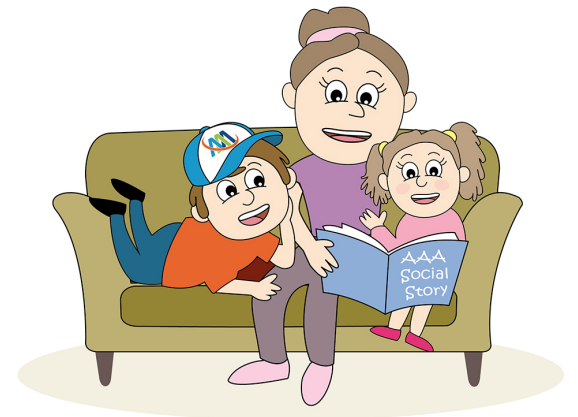


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I am going to Andrew (Boy) Charlton Pool for a swimming lesson.





In my swimming bag there will be a towel, bathers, goggles and my “Learn to Swim” membership card.

My bag might also have sunscreen, a hat, a water toy and ear plugs or an ear band.



Andrew (Boy) Charlton Pool is an outdoor salt water swimming pool.

Sometimes it might be raining or windy during my swimming lesson.

That's okay. My swimming lesson will still go ahead. My swimming lesson will be cancelled if there are storms.

This is to keep everybody safe.

-0m





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

They are called staff.





At the reception desk, there is a scanner.

I will need to tap my “Learn to Swim” membership card on the scanner.

I can choose to take the lift or the stairs down to the pool deck with my support person.





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

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

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





My support person 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 happen in the 20 metre or 50 metre pool.

My support person will show me where to go.

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

Walking will help to keep me safe.





My swimming teacher will be wearing a blue rash vest.

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

My swimming teacher will show me how to enter the pool safely.

There will be other children in the swimming lesson too.





My teacher will help me to learn new skills.

I might practice kicking, floating and putting my face in the water and blowing bubbles.

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

I might practice kicking off the pool wall and gliding in the water.

I might practice using pool equipment, including a kickboard or pool noodle.





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

This will make my swimming 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 keep my hands and legs still and keep my head above the water while waiting my turn to do an activity.





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

Sometimes it might sound loud.

I might hear horns from the navy ships that are at the nearby naval base.

I might hear whistles or announcements coming from the naval base.





I can wear my ear plugs or ear band to help me with the noise.

I might take a break and sit with my support person for a few minutes.

I might go to the quiet space in the first aid room.

My support person can come with me.

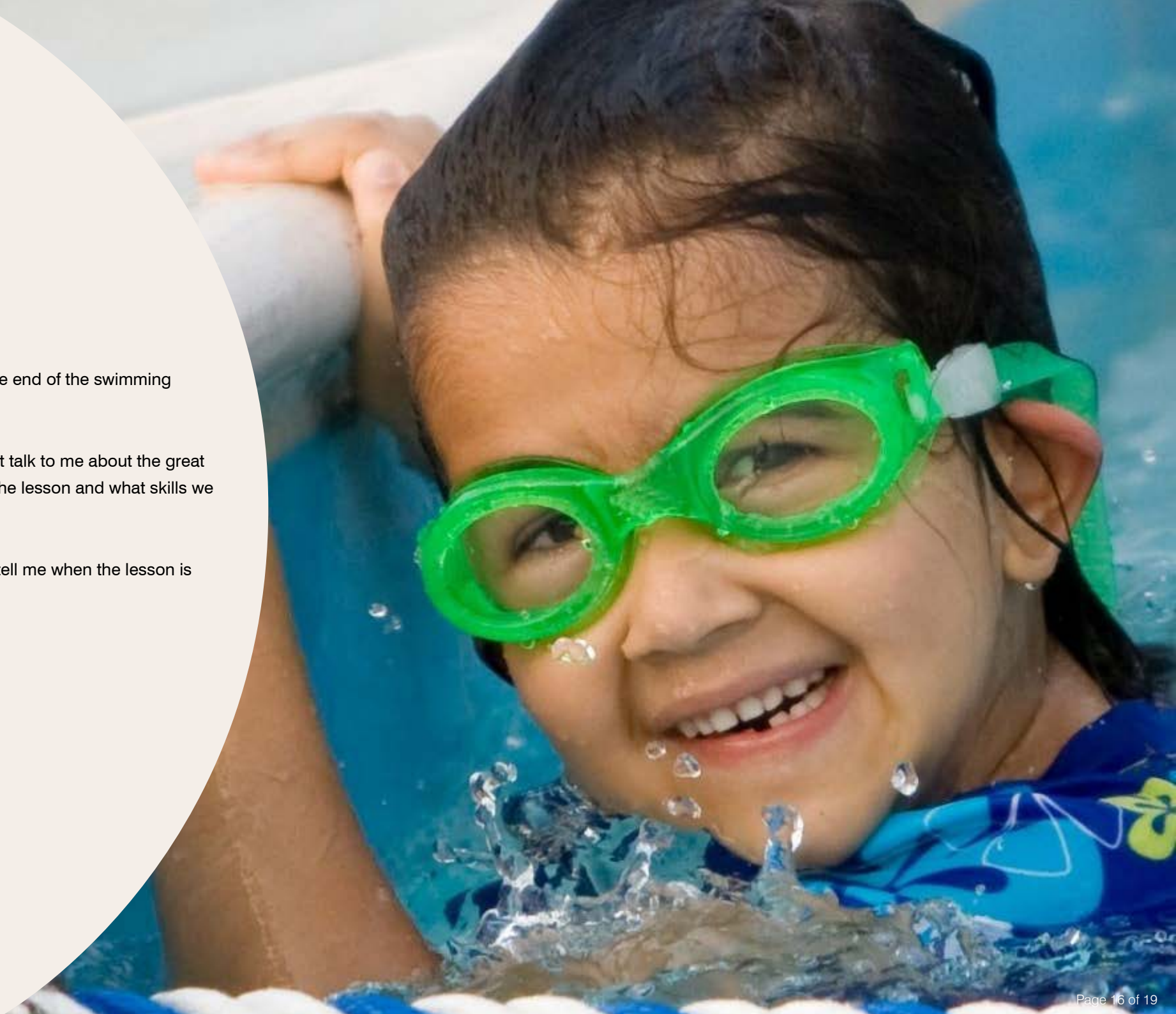




We might play a game at the end of the swimming lesson.

My swimming teacher might talk to me about the great things I have learnt during the lesson and what skills we might practice next time.

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





When the swimming lesson is finished, my support person 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 changeroom or I can choose to put my clothes on and have a shower at home.





Swimming lessons are lots of fun!







## SUPERVISE CHILDREN AT ALL TIMES

LIFEGUARDS ARE NOT BABYSITTERS!



**0-5 YEAR OLDS & NON-SWIMMERS:**  
Stay within arms' reach



**6-10 YEAR OLDS & WEAK SWIMMERS:**  
Be close, be prepared & maintain constant visual contact



**11-14 YEAR OLDS:**  
Maintain visual contact

**KEEP WATCH**  
AT PUBLIC POOLS

ROYAL LIFE SAVING  
AUSTRALIA

RoyalLifeSaving | RoyalLifeSaving  
RoyalLifeSavingAust | KeepWatch.com.au

## Contact

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