



## Inclusion Policy



Alton and District Swimming Club member Lizzie Allen attended the Down Syndrome World Championships 2018

If you are serious about your swimming and want to compete then you'll need to be part of a mainstream club.

Swimming is an inclusive sport and this means that ensuring that both able-bodied and swimmers with a disability or a specific learning difficulty have access to the same opportunities to participate. Whatever a person's ability, every club, pool operator and swimming teacher wants to provide the best opportunities for swimmers and this is what we ensure at Alton and District swimming club.

Getting involved with a mainstream club like Alton and District Swimming Club can give you the opportunity to compete in mainstream gala's, and in some cases, disability-specific events, alongside getting the support of coaches to guide your development.

Swimming can be a favourite sport of many children and adults with a disability or a specific learning difficulty and we want to help inspire you as individuals to join in with the fun in the pool and take that next step in joining a club. We endeavour to help you develop your skills and talent to make you a better swimmer.

### **Our aims:**

- To encourage wider participation
- To make the most of the increased interest and opportunities generated by the Paralympic Games
- To provide greater opportunities for those with a disability or a specific learning difficulty, to improve their swimming ability and reach their potential



***'Swimming is a fantastic activity for people with disabilities or special needs, whatever their age.'***

***"Once you're in the pool you're the same as everyone else, any disabilities are irrelevant."***

If you, or your child has a disability or any specific learning difficulty and are looking for a pathway, then please contact Alton and District Swimming Club and we will try and help you.