

DISABILITY SPORT & RECREATION
HAWKE'S BAY

Beyond the Pool

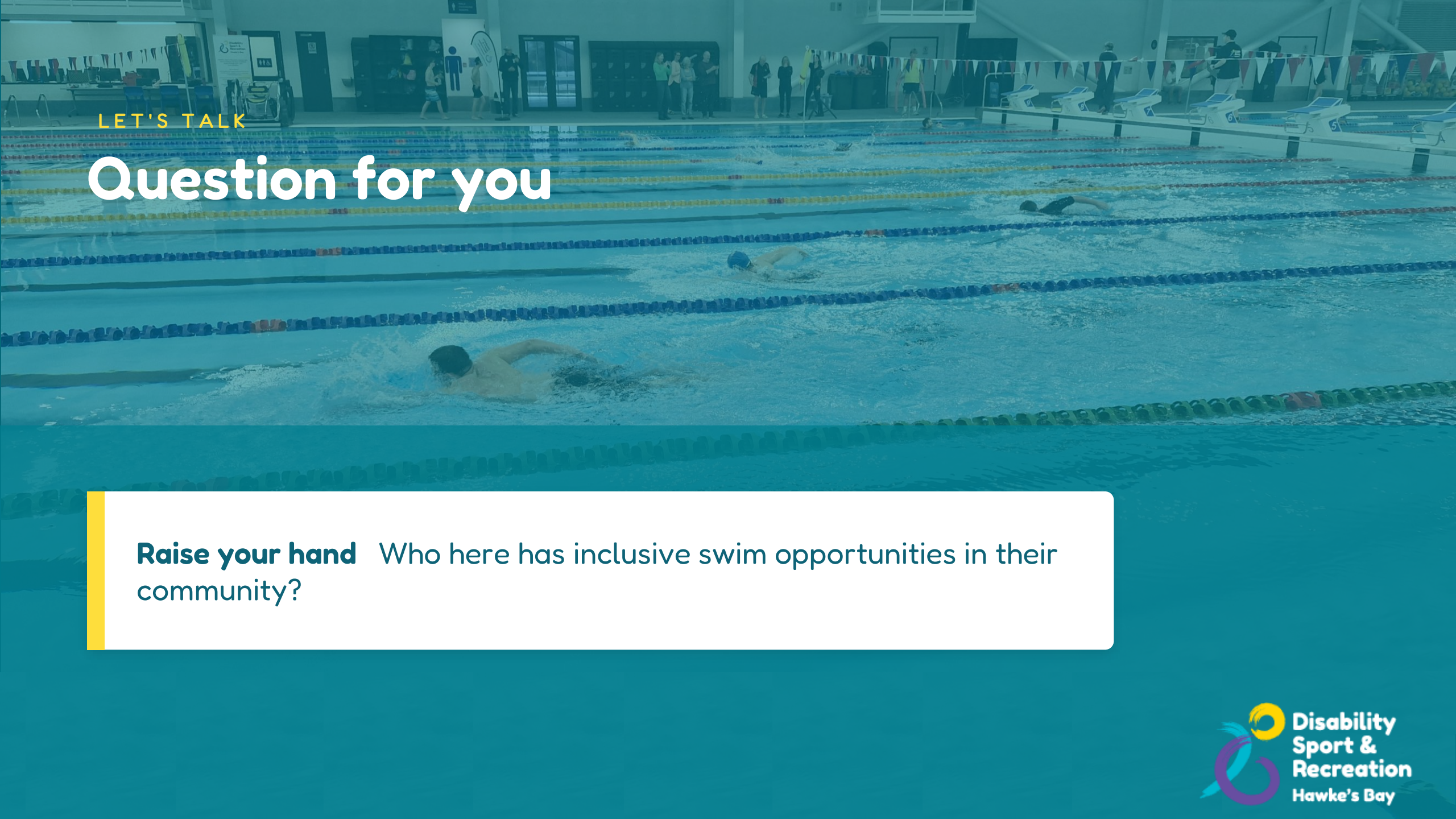
*Swimming programmes that connect communities.
What we've learned, & what you can do.*

Presented by Brandon Clark



**Disability
Sport &
Recreation**
Hawke's Bay





LET'S TALK

Question for you

Raise your hand Who here has inclusive swim opportunities in their community?

ABOUT US

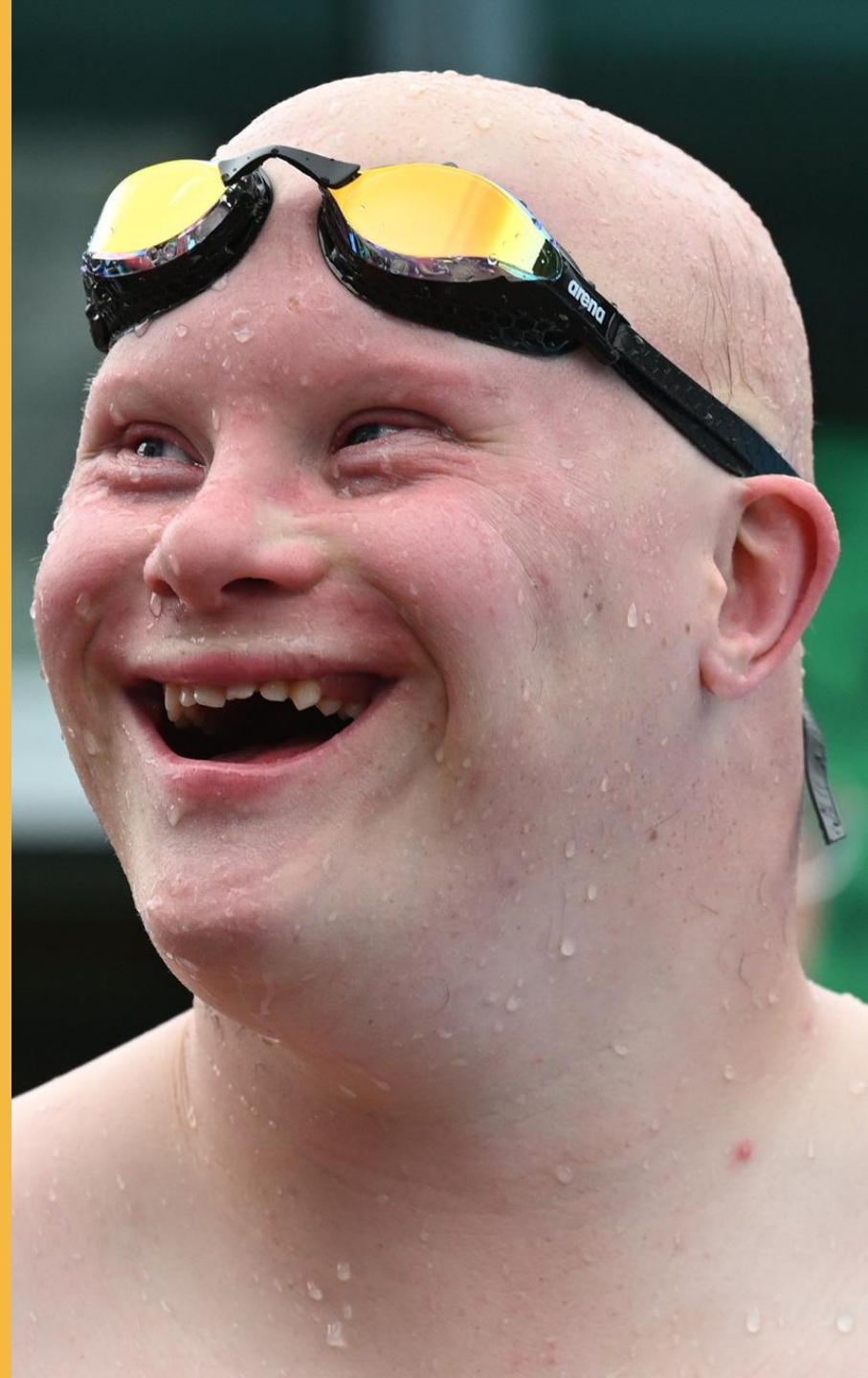
“Enhancing the lives of disabled people through the benefits of sport & active recreation”

OUR COMMUNITY

- Supporting tamariki, rangatahi, & adults across the region.
- Welcoming people with neurodiversity, intellectual, physical, sensory, & genetic conditions.
- Every programme is designed around each person's strengths, goals, & support needs.

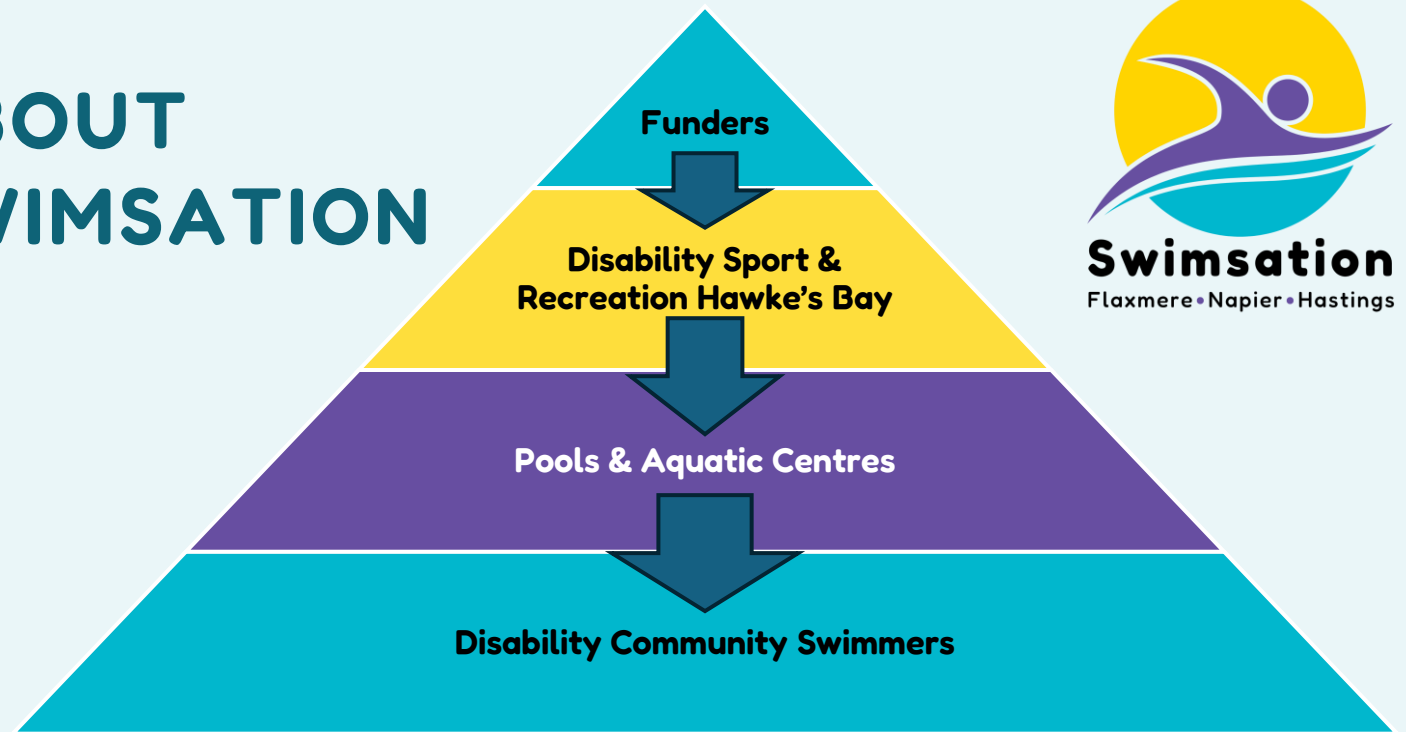
BENEFITS OF PARTICIPATION

- Our members unanimously rate positive impacts across all areas of individual health & wellbeing:
 - Physical Wellbeing
 - Mental & Emotional Wellbeing
 - Social Wellbeing
 - Sense of Purpose





ABOUT SWIMMATION



Swimmers with additional support needs come to DSRHB with hopes of finding a swim group or class that fits their goals:

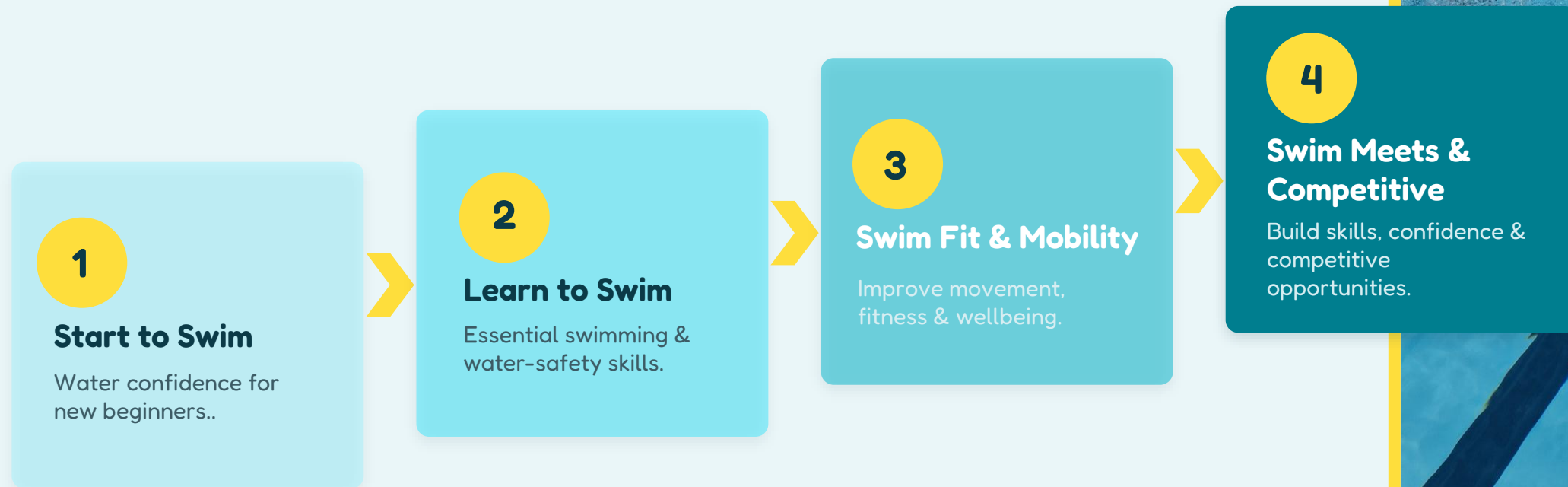
- DSRHB Swimmers pay a termly swim of \$55 to secure their spot in their group
- DSRHB seeks funding to cover the rest of the costs associated with swim lane reservation and instructor fees (vary by aquatic centre)
- Our swimmers seek an environment that is supportive of their impairments or instructional needs that normal mainstream swimming classes currently do not meet



PROGRAMMES FOR EVERY STAGE

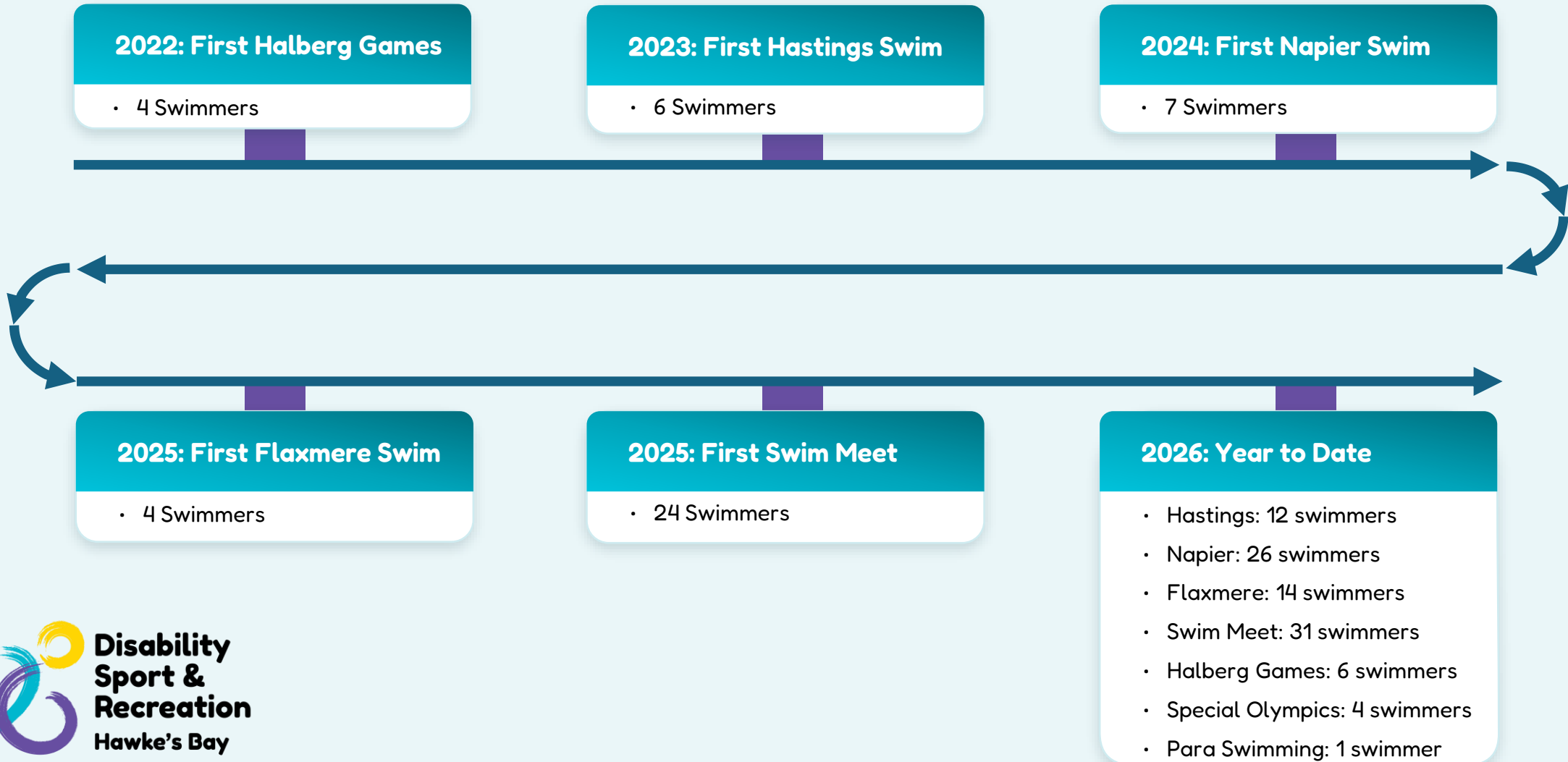
Creating pathways & advocacy

A single connected journey - every swimmer can keep learning, growing and achieving.



DSRHB'S JOURNEY

Hawke's Bay's Swimming Timeline



DSRHB'S SWIMSATION IMPACT



6

2023



86

2026

Built through the vision & commitment of local families, now reaching disabled athletes at three community locations:

Napier

Hastings

Flaxmere

MILESTONES

2026

National / International Stages

11 Swimmers across Special Olympics, Para Swimming, and Halberg Games

2026

Second Swim Meet

31 Swimmers in DSRHB's 2026 All-Abilities Swim Meet

2027

Future Competitive Swimmers

1 Swimmer training to reach Para Swimming season for 2027



HAWKE'S BAY INCLUSIVE SWIM SUMMARY

Swimming is about much more than learning strokes; it builds confidence, independence & belonging.

42%

of DSRHB's members are engaged through Swimsation, almost half of all DSRHB members.

BREAK OUT SESSION

- Turn to the person next to and discuss for 1 minute with each neighbor what stood out to you or your biggest takeaways

CREATING INCLUSIVE AQUATIC EXPERIENCES

Key areas for your success:

Skilled & confident instructors

- Understand diverse disabilities & individual needs
- Adapt teaching for different learning styles
- Build confidence, trust & positive relationships
- Support swimmers to progress at their own pace

Accessible environments

- Accessible changing rooms & bathrooms
- Pool ramps, beach entries & aquatic lifts
- Clear, welcoming & inclusive spaces
- Visible schedules & continuous information

Strong partnerships

- Aquatic facilities & swim instructors
- Families & caregivers
- Community organisations
- Regional Disability Sport Organisations (RDSO) / Parafed / Disability Sport Association

People + Accessible facilities + Partnerships = Inclusive swimming



SUPPORTING YOUR SWIM INSTRUCTORS

Confident, well-supported instructors are the heart of every inclusive programme. Five practical ways to support your instructors:

1

Inclusive training

Through a Regional Sport Organisation (RSO), RDSO, the Halberg Foundation, or AUSTSWIM

2

Swimmer profiles

Strengths, communication preferences & support needs, so teaching can be adapted confidently.

3

Provide the right tools

Visual schedules & communication boards that aid understanding. Swimmer surveys for accurate goals & expectations

4

Flexible group ratios

Flexible ratios for groups when extra support is needed. Starting at 3:1 is great place to start.

5

Communication

Consistent dialogue with swimmers/their supporters, instructors, & your local Disability Sport Association can help address any needs.

SWIMMING LESSON CUE CARDS

1 Safe Entry 	2 Submerge 	3 Game: Get Rings off Bottom of Pool
4 Floating on Front 	5 Kicking on Front 	6 Floating on Back
7 Kicking on Back 	8 Freestyle 	9 Play on Mat
10 Safe Exit 	11 Class Finished 	Great Job! See you next time!

POOL RULES CUE CARD

 NO RUNNING AROUND POOL 	 STAY IN SWIMMING LANE 	 STAY IN POOL
★ THANK YOU FOR FOLLOWING THE RULES! ★		

EMOTIONS BOARD

HAPPY 	CALM 	EXCITED 	SAD 	ANGRY 	SCARED
FRUSTRATED 	TIRED 	HURT 	CONFUSED 	PROUD 	LONELY
I NEED: A HUG A BREAK WATER QUIET TIME HELP TALK			I FEEL:		



BARRIERS & SOLUTIONS

BE MINDFUL OF POTENTIAL BARRIERS

- Finding instructors
- Access to suitable pool times
- Balancing support needs with group sizes
- Transport barriers
- Funding sustainable growth
- Meeting increasing demand

COMMUNICATION IS THE KEY

Good communication & strong partnerships resolve almost any barrier. Keep open dialogue with:

- Instructors
- Pool directors
- Swimmers & their families
- Funders
- RSOs and RDSOs

CHALLENGES WE'VE FACED & OVERCOME

1

Programme

- Lane hire,
- Instructor consistency
- Age limitations
- Pool accessibility

2

People

- Health & injuries,
- Communication differences,
- Transportation,
- Swim group pairings

3

Planning

- Securing funding,
- Price increase,
- Goal setting
- Terms & conditions
- Absences



THE DIFFERENCE WE MAKE

Our programmes help members:

- Build confidence & independence
- Develop new skills
- Improve water safety
- Form social connections & lasting friendships
- Feel connected to their community
- Experience success at their own pace

“Very grateful to have the swimming lessons available.”

“Really appreciated how patient and attentive the instructors were with my son.”

86

Lives impacted & cascading into positive outcomes for families, caregivers, supporters, & to our wider communities



COMMUNITY'S IMPACT

Inclusive programmes do more than teach water skills, they strengthen individuals, families, & whole communities.

● Visible participation

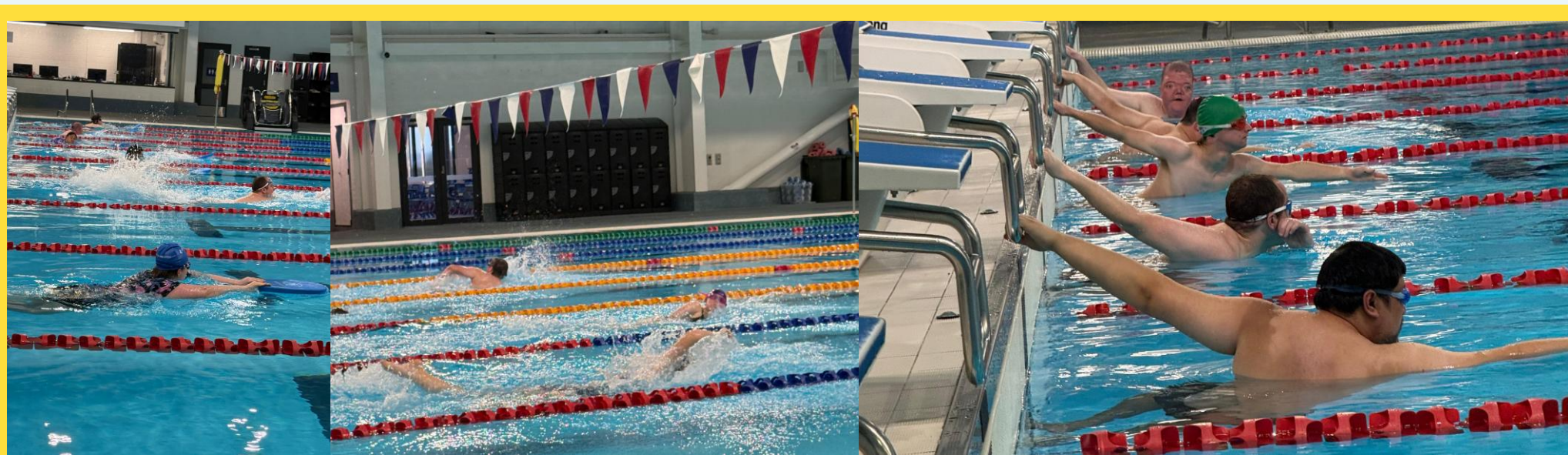
Create visible opportunities for disabled people to take part in community life.

● Wider inclusion

Increase awareness, confidence & inclusion across the wider community.

● Greater support

Grow awareness & support for the disability community & the capability to make mainstream sport more inclusive.



GIVE IT A GO

As communities grow, inclusive aquatic programmes keep our pools welcoming hubs where everyone can participate, belong & thrive.

1

Build partnerships

Strong community connections: Disability Sport Organisations / Associations / Parafed - DSANZ

2

Start with people

Relationships come first

3

Empower your instructors

Build capability & confidence, AUST Swim qualifications

4

Create opportunities

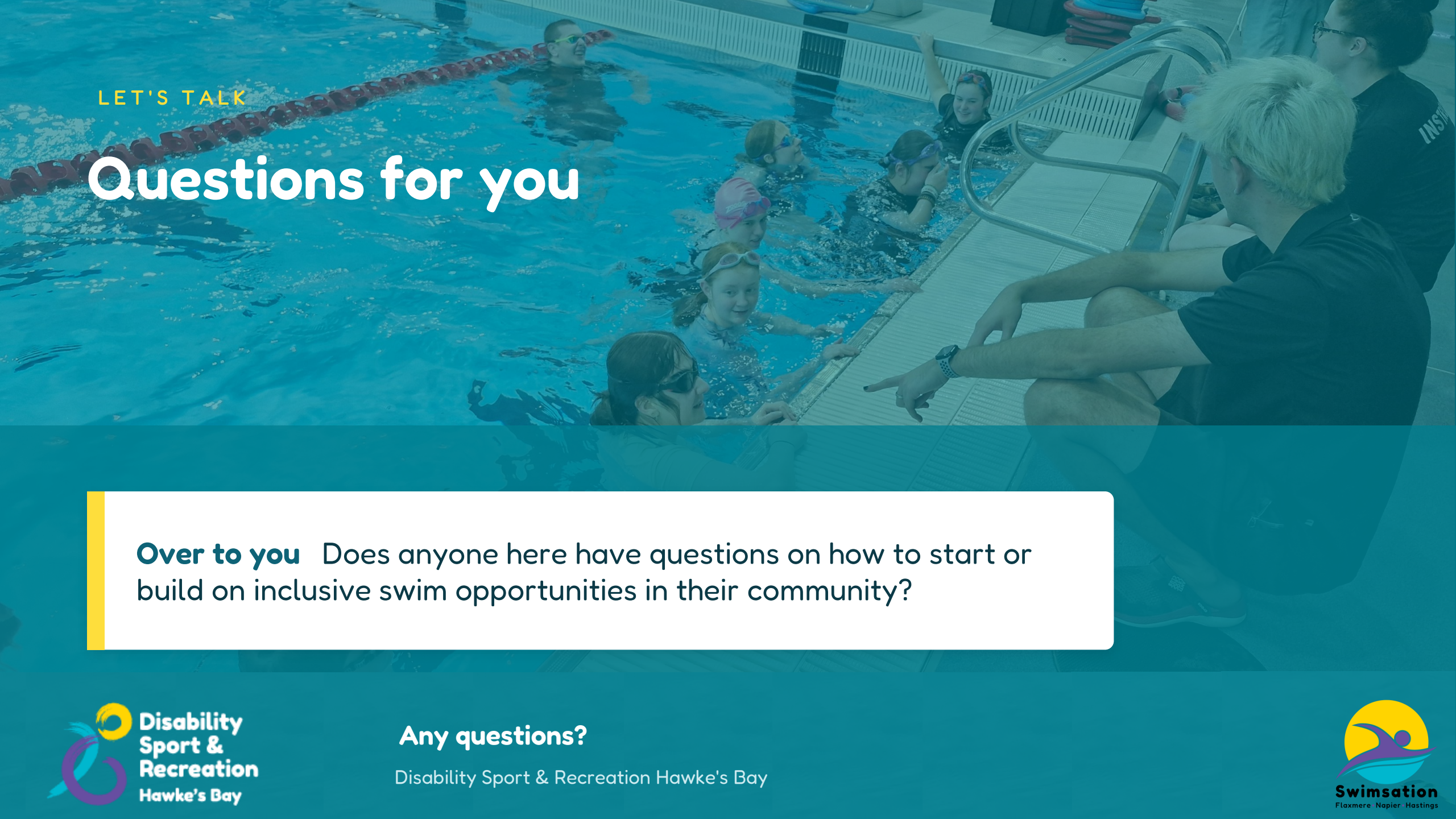
Provide space for inclusive swim, market programme(s) to members & wider community

5

Celebrate success

Recognise every achievement





LET'S TALK

Questions for you

Over to you Does anyone here have questions on how to start or build on inclusive swim opportunities in their community?