

OXFORD SWANS SWIMMING CLUB

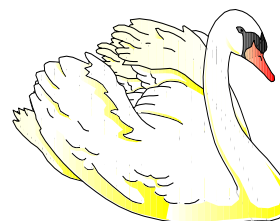
for people with disabilities and for the elderly
Registered Charity No 1052858

Chair: Hazel Beaver Treasurer: John Kirchhoff

Correspondence address: Becky Horton, 177 Southfield Park,
Bartlemas Close, Oxford, OX4 2BQ

Contact email: oxfordswans@gmail.com

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**Swimming Sessions:**

Tuesdays 18.00 to 19.00

Leys Pool, Pegasus Road,
Blackbird Leys,
Oxford OX4 6JL

Saturdays 10.00 to 12.00

Ferry Pool, Diamond Place,
Summertown, Oxford
OX2 7DP

GENERAL INFORMATION**Membership:**

New members are welcome at any time, and individual or family memberships are available. Membership Subscriptions are payable on 1st January each year, anyone joining after 30th June need pay only half the annual sum.

Annual Subscriptions for people swimming once or twice per week, either Saturday and/or Tuesday

Junior (Under 17)	£ 5.00
Senior (17 or over)	£ 10.00
Family Membership	£ 15.00

Payment should be sent to the Club Membership Secretary:
Becky Horton, 177 Southfield Park, Bartlemas Close, Oxford, OX4 2BQ

Please make cheques payable to **Oxford Swans Swimming Club**

Internet Banking: Oxford Swans/ sort code 30-93-93/ acc 00918428 (please reference name of swimmer that payment relates to)

All members are required to abide by the Rules of the Club, and the Oxford Swans Code of Practice (copies of which are kept on the poolside). Elderly swimmers and swimmers with a disability have precedence over other family members for instruction in the water.

Session Times

Tuesdays 18.00-19.00 at Leys Pool
Saturdays 10.00-12.00 at Ferry Pool

There are no sessions in August, on Bank Holiday Saturdays and the Tuesdays following each Bank Holiday weekend. Easter and Christmas dates will be announced in the Newsletters.

Swan's Helpers:

All our Swan's helpers are unpaid volunteers. Membership for the club is free for Swan's helpers.

Swan's helpers (over 16) are required to fill in a Protection of Children and Vulnerable Persons Reference Form. Helpers will also have to undergo an Enhanced Disclosure and Barring Service (DBS) disclosure. Oxford Swans abides by the Code of Good Practice, which is available on the poolside. The Club has a policy on ex-offenders becoming members which is also available on the poolside.

Carers/Personal Assistants who accompany a swimmer in the water:

If a Carer/Personal Assistant accompanies a swimmer in the water they will be required to complete Helpers' Forms. Swans will ask to see their current DBS.

Medical Information:

All members are required to provide medical information on the ***Application for Membership Form***. If a member requires assistance with changing before or after swimming, they should bring as much help as they need. There are limited accessible changing rooms at both pools. Please visit the pool to ascertain what is available for you to access the swimming facilities.

Guidance for new swimmers:

Oxford Swans teach swimming using the Halliwick Concept. Members of Oxford Swans are called 'swimmers' and we focus on ability in the water and not disability.

One of the main aims of Halliwick is to help the 'swimmer' to become confident and happy in the water.

We do not use flotation aids and 'swimmers' may work with an instructor individually or as part of a group. The amount of help each 'swimmer' needs can vary and may often involve physical contact such as an instructor placing their hands-on a 'swimmer's' trunk in order to maintain safety. Instructors will always explain to each 'swimmer' what physical support they are going to use. We always work towards the 'swimmer' becoming more independent. 'Swimmers' may wish to build on what they have learnt in the water by continuing to work with family members or carers/personal assistants.

We recommend that all family members and carers/personal assistants follow the guidance set out in 'Guidance for helping in the water' available on the poolside. We also expect all family members, carers/personal assistants to encourage the same practice each 'swimmer' is learning.

All members are encouraged to obtain the Green Badge of the Halliwick Association of Swimming Therapy (Halliwick AST). Those meeting the criteria of the Green Badge are deemed to be competent in the water and able to swim unaccompanied.

Instruction:

During the session instruction is given by experienced instructors, which would normally be for a period of 20 minutes for each swimmer. Members can gain experience and knowledge of the Halliwick Concept by attending club sessions, training courses and information available on our website.

During the swimming sessions a lifesaver remains on the poolside. No member should enter the water without the permission of the Person in Charge.

Accessible changing rooms:

There are two accessible changing rooms which are in high demand during our Saturday sessions. With this in mind and to enable club members equal and fair access to the session it would be beneficial for everyone if, anyone who needs the hoist or wheelchair users who cannot stand use these two facilities

Lockers:

Personal belongings should be left in the changing-room lockers, which operate on a (refundable) £1 coin.

Parking:

At Ferry Pool, there are free car park spaces for disabled badge holders. Members who use the main Ferry Pool car park must "pay and display" - even if they have a disabled badge. An alternative car-park at Diamond Place (first turn past Finders Keepers) does allow disabled badge holders to park within each available bay. The Ferry Pool is a short distance from Diamond Place car park and just beyond NOA.

At Leys Pool there are seven disabled parking bays near the entrance.

The general car park is free for the first three hours; you must obtain a ticket and display it. Disabled people can also park in this general parking area and don't need to get a ticket if they display their Blue Badge.

If the car park is full, there is parking on the street (but not in the residents' bays).

Suggestions:

If members have any suggestions or problems of any kind, they are encouraged to speak to the Chief Instructor or to the Person-in-Charge on the poolside, or contact the Committee Secretary.

For further details and/or a Membership Application Form, please contact Becky Horton on 07847 821703 or e-mail <mailto:oxfordswans@gmail.com>

Names, addresses and details of members are stored on a computer to enable the club to send information out to all its members. This information is protected.

Halliwick Concept

At Oxford Swans, we teach swimming using the Halliwick Concept. For more about this read 'The Halliwick Concept' which can be found at

<http://halliwick.org.uk/wp-content/uploads/2010/12/halliwick-concept-2010-updated-2015.pdf>

There are also video clips to support this paper.

More information about Halliwick can be found on the websites of the Halliwick Association of Swimming Therapy (Halliwick AST) at www.halliwick.org.uk and the International Halliwick Association (IHA) at www.halliwick.org.

For '**Guidance for Helping in the Water**' see next page.

Guidance for helping in the water

If you are unsure about any of the following points, talk with an experienced instructor.

- At Oxford Swans, we teach swimming using the Halliwick Concept. (See page above)
- One of the main aims of Halliwick is to help the swimmer to become confident and happy in the water.
- We don't use flotation aids at Swans. This is so that swimmers learn to find their own balance in the water.
- One of the most important things all swimmers have to learn in the club is to blow or hum every time their face is near or in the water. Anyone working with a swimmer should always remember to do this and thus set a good example.
- The amount of help a swimmer needs can vary. We always work towards the swimmer becoming more independent and needing less support.
- **Getting in and out:**
 - Most swimmers are taught to enter the water from a sitting position on the poolside. Make sure you are in a depth of water that is suitable for you and your swimmer. Care should be taken to ensure that the swimmer leans forward, so that they do not graze their back on the poolside. They should also be encouraged to blow.
 - To exit the water most swimmers come out on their tummy, wriggle forward and roll over to a sitting position. The poolside mat can be used if needed.
 - Swimmers can use the hoist (which is operated by trained personnel) to get in or out, if needed.
 - We do not allow swimmers and helpers to use the rung ladder steps to get in or out, as these are considered unsafe for many of the swimmers.
- **The upright position in the water:**
 - This is a good starting point for swimmers to become happy and confident in the water. It is a good position for swimmers to socialise with others when in the water.
 - We like to spend time teaching in this position through games and activities.
 - We teach the key skill of blowing/humming in this position first.
- **The back float position in the water:**
 - In this position, the swimmer's face is clear of the water, so they don't need to concentrate on blowing or humming.
 - This position is a good starting point for swimmers to learn to control rotational movements side to side and forwards and backwards.
 - As swimmers learn to control their balance, they work towards floating independently.
- **Swimming on the front:**
 - We only teach swimming on the front once the swimmer is happy to put their face in the water and has good control of blowing and humming.
 - This is because if swimming on the front is taught too soon, swimmers learn to swim with their head held high out of the water. This encourages a poor postural position and leads to poor swimming strokes.