

Inclusion 2028

Para swimming

Water safety

Two challenges based on water safety awareness.

What you need

- Large, floating objects, such as beach balls, swim floats, pool noodles.
- Nylon rope.

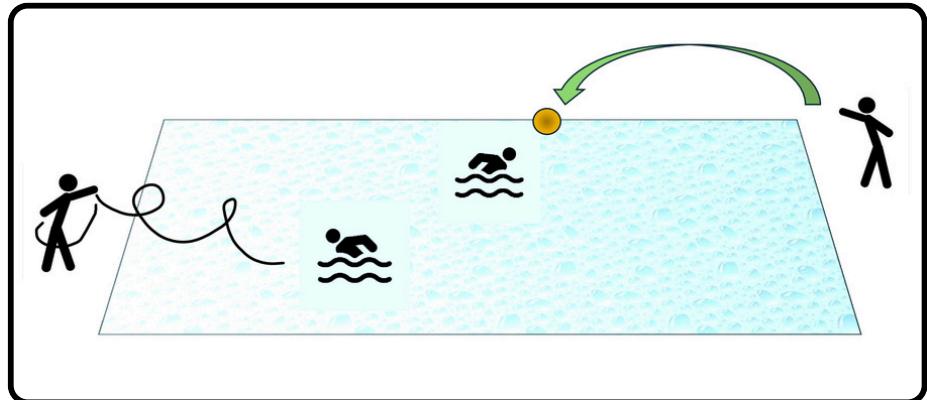
How to play

Throw challenge

- Working in pairs, swimmers take turns in throwing an object from the side to their partner in the water.
- The challenge is to throw the ball or float accurately 3 times in a row.
- The partner in the water uses the float to support themselves in the water, or while they swim to the side. Change roles.
- Try the same challenge again but this time throwing a rope to the partner in the water. It isn't necessary to tow the partner to the side.

Chain gang relay

- Swimmers form a chain side-by-side from the side of the pool towards a target floating object (like a pool noodle).
- Team members hold hands, or link arms, gradually moving further apart whilst maintaining contact - 'stretch the line'.
- The swimmer at the end of the chain grabs the float and the whole team pull together to bring it back to the side, keeping in contact at all times.



Use the STEP adaptation tool to modify the activities

Space

- Increase or decrease the distance between the thrower on the side and the partner in the water.

Task

- Practise throwing without a partner.
- Chain gang: practise forming the chain before trying to retrieve an object.

Equipment

- Start by throwing smaller objects to improve accuracy.

People

- Chain gang: add more people to the chain as skill improves.