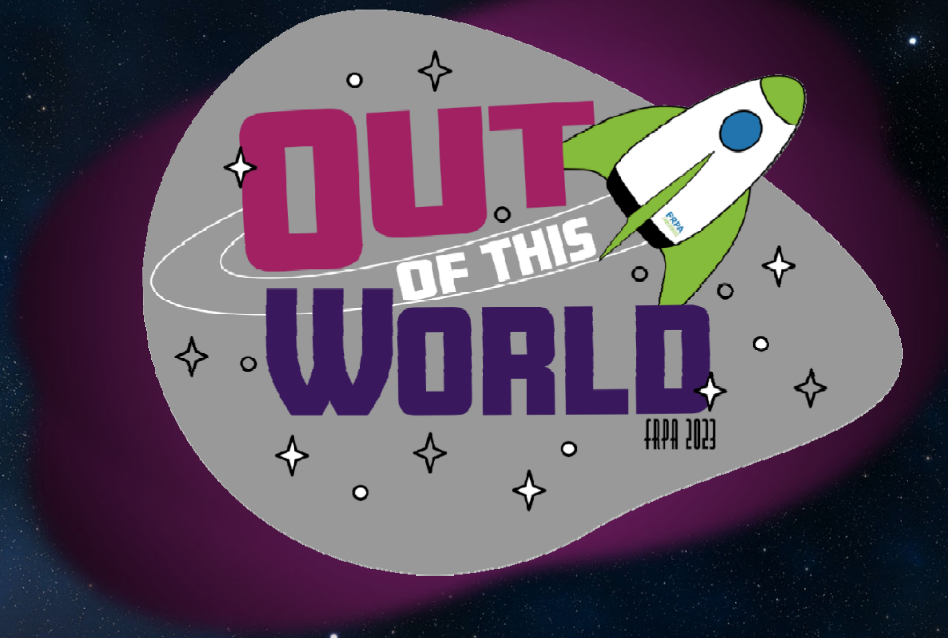


Welcome to the 2023 FRPA Conference!



August 27, 2023 | Orlando, FL

Adapted Learn to Swim Training for Aquatic and Therapy Professionals





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**Nursing &
Health Sciences**





Arts, Sciences
& Education

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LEARNING OBJECTIVES

- 1.** Discuss common challenges that aquatic professionals face in the provision of adapted learn to swim programs.
- 2.** Identify basic strategies for the most common pediatric disabilities that can be incorporated into swim instruction.
- 3.** Identify additional continuing education opportunities to meet their individualized needs for adapted learn to swim techniques and skills.



Drowning Facts

- Drowning is the **leading cause of death** for children 1-4 years of age in the U.S.
- Florida leads the nation in drowning deaths of children ages 1-4, according to the Florida Dept. of Health.
- If the child survives a near drowning, ~10% will suffer permanent brain damage.
- There are 1.2 million backyard and public pools and tens of thousands of natural bodies of water in Florida where possibility of drowning can occur.



Drowning Facts (cont'd)

People who have a higher risk of drowning:

- Children ages 1-4 (with most drownings happening in swimming pools)

- Males (80% of people who die from drowning are male)

- American Indian or Alaska Native people ages 29 and younger are 2 times higher than the rates for White people

- In swimming pools, Black children ages 10-14 years drown at rates 7.6 times higher than White children.



Why is Swimming Important?



Not being able to swim is a risk factor for drowning (CDC, 2021).

The World Health Organization (WHO, 2017) recommends teaching school-age children swimming and water safety as one of 10 interventions to prevent drowning.

74% of the time, fatal drowning occurs among non-swimmers (Eichelberger et al., 2004)



Drowning Statistics in Disability

- Drowning is the most common cause of unintentional injury death in people with seizure disorders such as epilepsy, with the bathtub being the most common site of drowning (CDC, 2021).
- Autism Spectrum Disorder (ASD) and heart conditions are associated with a higher risk of drowning (CDC, 2021):
 - The risk of unintentional drowning is twice as high for children with ASD compared to peers (CDC, 2021).
 - Unintentional drowning accounts for 91% of wandering related injuries or deaths for children with ASD under 14 (National Autism Association, 2017).
 - In children with ASD, drowning most often occurs in natural bodies of water such as: ponds (52.2%), rivers (13%), and lakes (13%) (Guan & Li, 2017)



What is Adapted Learn to Swim?

- **Intended** to meet the different needs of individuals (client-centered)
- **Changes** are made so individuals with a specific need (disability, age-related changes, etc.) can successfully participate
- **Accommodation** (changes to environment) VS. **Modification** (changes to the activity)
- **Considerations:** swimmer-instructor ratio, time, tools, knowledge



Adapted Swim Instruction

S.W.O.T. ANALYSIS

FIU SWIM RESEARCH LAB

STRENGTHS

S

- **What does your organization do well?**
- Qualities that set you apart
- Resources, skills and knowledge
- Assets (e.g., facilities, equipment, technology)

WEAKNESS

W

- **What does your organization need to improve?**
- Things your org. lacks
- Limitations in specific resources, skills, knowledge
- Assets lacking but needed

OPPORTUNITIES

O

- **What outside resources are available for your benefit?**
- Untapped resources
- Community needs
- Media/press coverage
- Grants/funding sources

THREATS

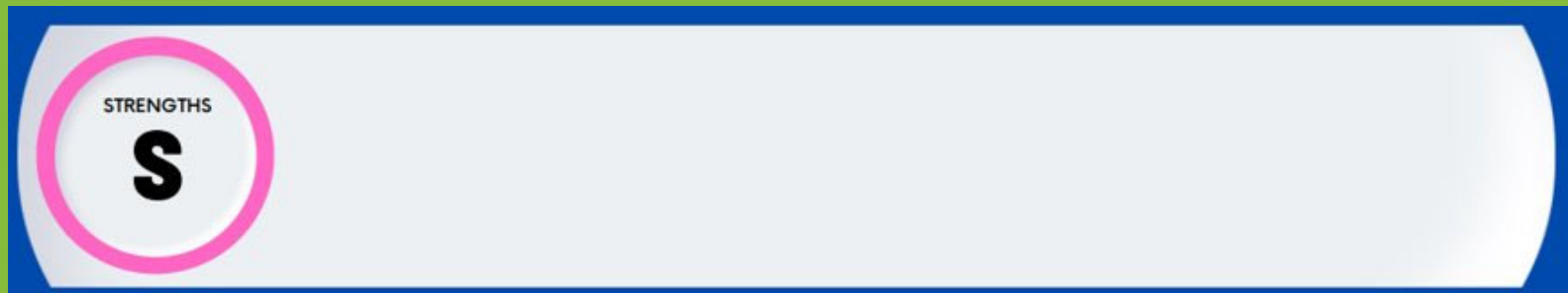
T

- **What factors are a threat to your organization?**
- Competitors
- Liabilities
- Regulatory changes or limitations
- Negative press, community or stakeholder attitudes



Complete Part 1 of SWOT Analysis:

Strengths in Providing Adapted-Learn-to-Swim



Challenges to Providing Adapted LTS



According to Aquatic Professionals in Florida

3 main challenges (n=25)

1. Limited Staffing.
2. Lack of Staff and Instructors Training.
3. Lack of Materials.



According to Aquatic Professionals Across the U.S. (AOAP)

3 main challenges (n=64)

1. Need for Additional Instructor Training

- Disability-specific knowledge
- Modifications/adaptations
- Standard Adapted-Learn-To-Swim Curriculum



2. Lack of Resources

- Staff
- Funding
- Pool Space
- Equipment



3. Need for Collaboration

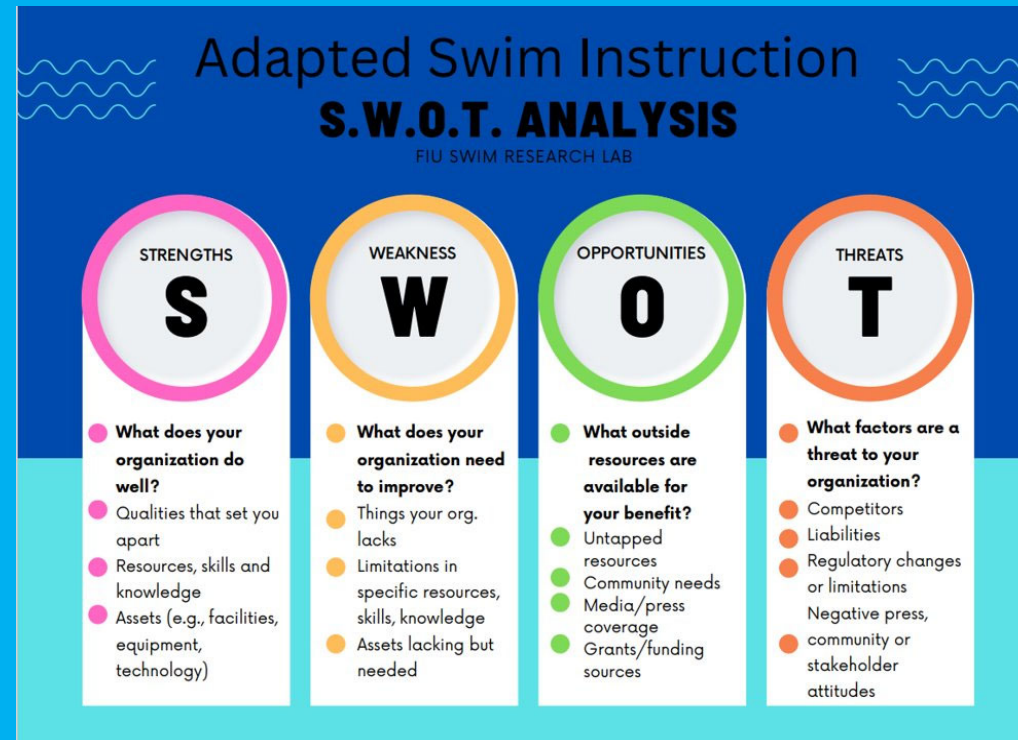
- With Families
- With other Community Organizations



Let's Discuss.... What Challenges do Therapists Experience?

•

Time to Complete Part 2 of your SWOT Analysis: Weaknesses & Threats

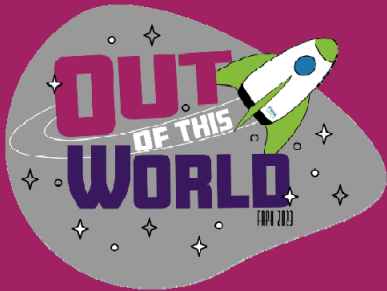


WEAKNESS
W

THREATS
T



Strategies for Common Pediatric Diagnoses





Strategies for Teaching Children with Disabilities to Swim

Slower Pace

Takes more time to develop complex motor skills, desensitize, reduce anxiety, etc.

Identifying Barriers

Person: sensory, cognitive, behavioral, or physical limitations
Environment: logistical, financial, time limitations

Assessing Fear

Parents: Misconception that learning to swim → more comfortable near water → increased risk
Swimmers: sensory overload, anxiety, etc.

Specialized Support

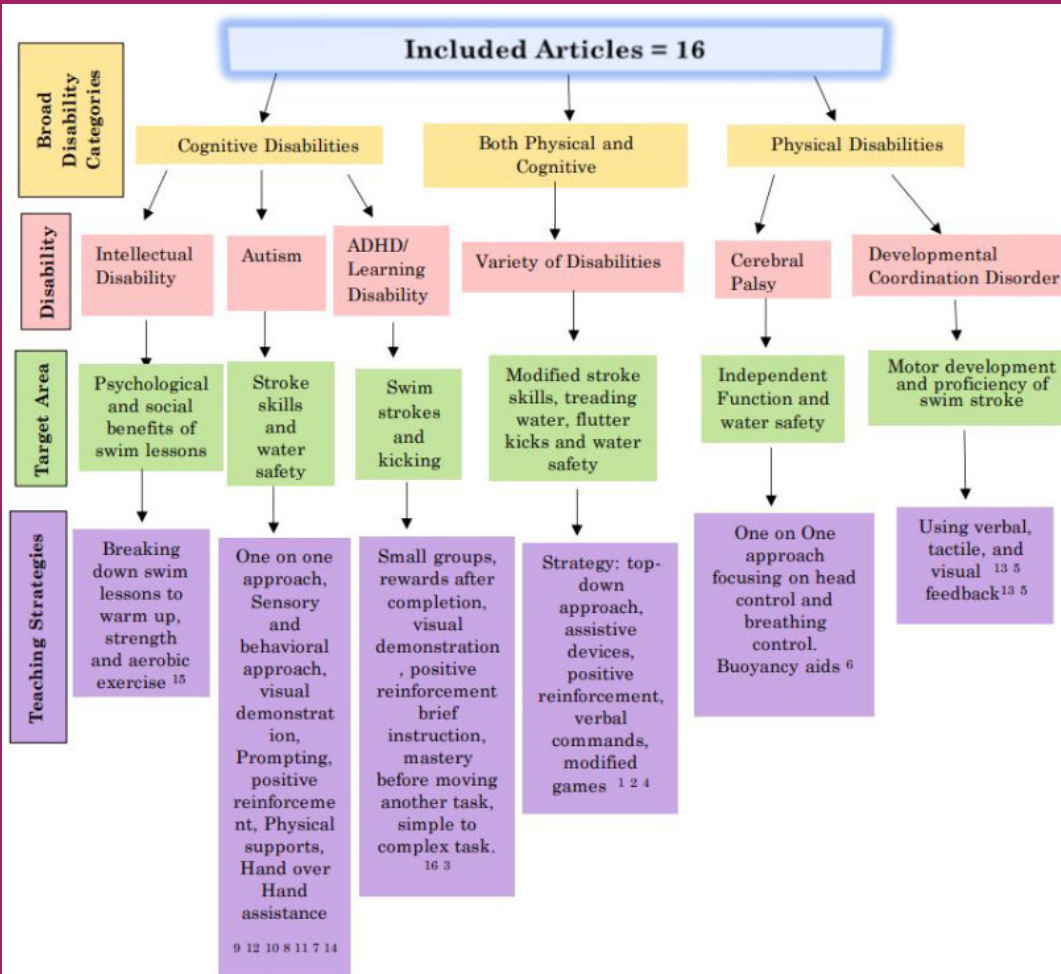
- Understanding different disabilities.
- Higher ratio of staff to participant (1:1, 2:1, or more)

Different Progression

Swim skill progression and strokes might look different and may require adaptations



Scoping Review



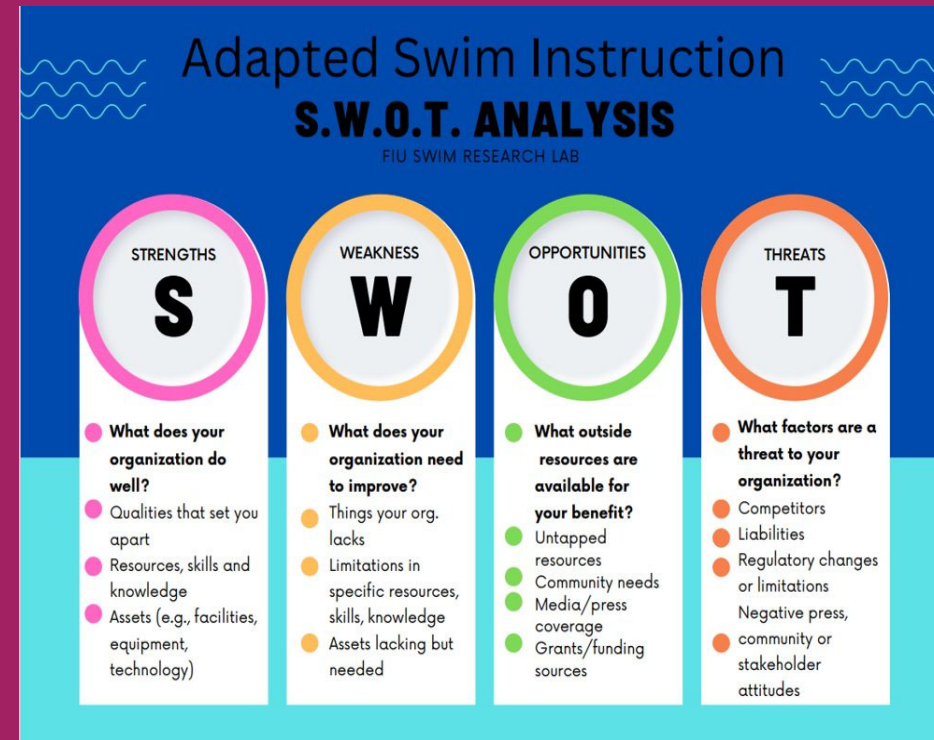
Manuscript in preparation:

Title: *Defining Adapted Learn to Swim*

Authors: Carson, T.B., Santiago-Perez, T., Granda, S., Montoto, Z., Ramos, M., & Rodriguez, C.



Time to Complete Part 3 of your SWOT Analysis: Opportunities



OPPORTUNITIES

O



Continuing Education and Certification Opportunities on Adapted Learn-To-Swim



Blaze Sports Adaptive Swim Certification



[About](#) [Youth Programs](#) [Veteran Programs](#) [Get Involved](#) [Training](#)

The **Adaptive Swim Certification** combines a therapeutic approach to teaching swim independence for children, youth, and adults with disabilities. This course combines both lecture-based learning and hands-on teaching to ensure participants are fully confident in handling a variety of demographics and abilities in the water.

The populations outlined include:

- Physical disabilities for youth and adults
- Intellectual/ developmental
- Chronic conditions
- Veterans

Sections for this certification include:

- Basics & Survival skills
- Understanding Disability
- Buoyancy & Equipment
- Aquatic Assessment
- Upper Body Mechanics
- Lower Body Mechanics
- Evaluation

Virtual

Date

April 25-26, 2023

12noon – 1:00pm

Learn about therapeutic approaches for teaching learn to swim for youth, adults and veterans with disabilities. This session is available for CARSS, CEUs and NCTRC CEUS. This webinar can contribute to the certified adaptive swim instructor training in May upon request.

In Person

Date

Friday, May 19th: 9:00am – 4:00pm

Saturday, May 20th: 9:00am – 2:00pm

Location

Lakeshore Foundation

Birmingham, AL

Cost: \$350

[Register For In-Person Training](#)

[Register for Virtual Webinar](#)



iCanShine: Adapted SwimInstructor Training Program



Adapted Aquatics Instructor Training Manual

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Document# 1272C

iCan Shine, Inc.

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Nicklaus Children's Hospital Marino Adapted Aquatics Certification

Our [instructional manual](#), [the online learning component](#), and water workshops include mandatory topics for special needs involvement in swimming and water safety. The content is mainly designed to certify instructors working with individuals with developmental disabilities. Swimming instructors completing this certification course will meet the requirements of the State of Florida for working with this population.



Nicklaus
Children's
Hospital

The Nicklaus Children's Hospital Marino Adapted Aquatics program gratefully acknowledges the generous support provided by the [Dan Marino Foundation, Inc.](#), the State of Florida, and the Broward County Board of County Commissioners.

Steps to becoming certified:

To become certified through the Nicklaus Children's Hospital Marino Adapted Aquatics Certification course, you must review the study materials and pass the Certification exam with a score of 80% or better.

Please follow these steps:

1. [Register online](#)
2. Submit a payment of \$75 to Nicklaus Children's Hospital for the course after you [register online](#).
3. [Download the course manual](#)
4. Take the exam once you receive a username and password.
5. Your certificate(s) will be mailed to your billing address.
6. Once you have reviewed the course materials and are prepared to take the certification exam, you will have access to the course for a duration of 4 hours. If you exceed the time allotted for the exam or do not pass, you will need to **contact the Certification Manager** and will be granted a chance to re-take the exam free of charge one time. If you do not pass the Certification exam on the second try, you will need to pay the course fee again.



If you require any assistance or have any questions, please contact:
Jamie Tarshis, Rehabilitation Services Manager
(954) 385-6242

Jamie.Tarshis@nicklaushealth.org



Nurturing Water Therapies: Adaptive Swim Instructor Certification



Full Online Adaptive Swim Instructor Certification Course

~~\$250.00~~ \$125.00

[ADD TO CART](#)

This certificate course combines all three of our certification courses to create a comprehensive and complete course detailing all aspects of teaching adaptive swimming including water safety and stroke technique to neurodiverse clients.

You will have 90 days to complete the courses from time of purchase.



**NURTURING
WATER
THERAPIES**



Starfish Aquatics Institute: Adapted Aquatics Instructor

The Adapted Aquatics Instructor online course provides a strong foundation of knowledge for swim instructors who plan to work with individuals with disabilities in the water. Covering 20 disabilities, additional modules include information regarding legislation applicable to adapted aquatics, goal setting and planning, diversity, equity, and inclusion, working with unique populations, and guidelines for seizure management in the water.

Each module includes:

- One or more lectures by leading experts in the field of adapted aquatics
- A learning activity
- A downloadable lecture transcript
- An 8-question quiz

The format consists of:

- An overview of the disability
- Possible challenges to aquatic activity
- Safety precautions
- Best practices for adaptations when teaching

Depending on the module, there are also additional videos, downloads, and other resources.

Safety and risk management are emphasized throughout.

Quizzes after each module check knowledge and prepare the learner for the final 100-question exam that must be passed with 80% to complete the online course.

The Adapted Aquatics Instructor online course is a prerequisite for **certified swim instructors** who wish to obtain the Adapted Aquatics Instructor Credential by attending a practicum workshop to gain hands-on experience with individuals with disabilities in the water.

Estimated time to complete: 10-12 hours



Swim Angelfish Adaptive Swim Whisperers

Gain in-demand adaptive aquatic skills and knowledge and stand out from other swim instructors by earning a Swim Whisperers® Certificate.

In this course, you will learn how to address the sensory and motor challenges in ALL swimmers, helping them to reach their full potential.

With our multi-level training, you can continue to grow your toolbox and strengthen your current teaching method.



Level 1

Learn strategies and techniques to overcome the roadblocks and achieve swim success.



Level 2

Case studies of 19 students with varying ages and abilities. Grow your toolbox and reach swim skill benchmarks.



Level 3

Advanced case studies using multiple techniques, giving you increased competency.

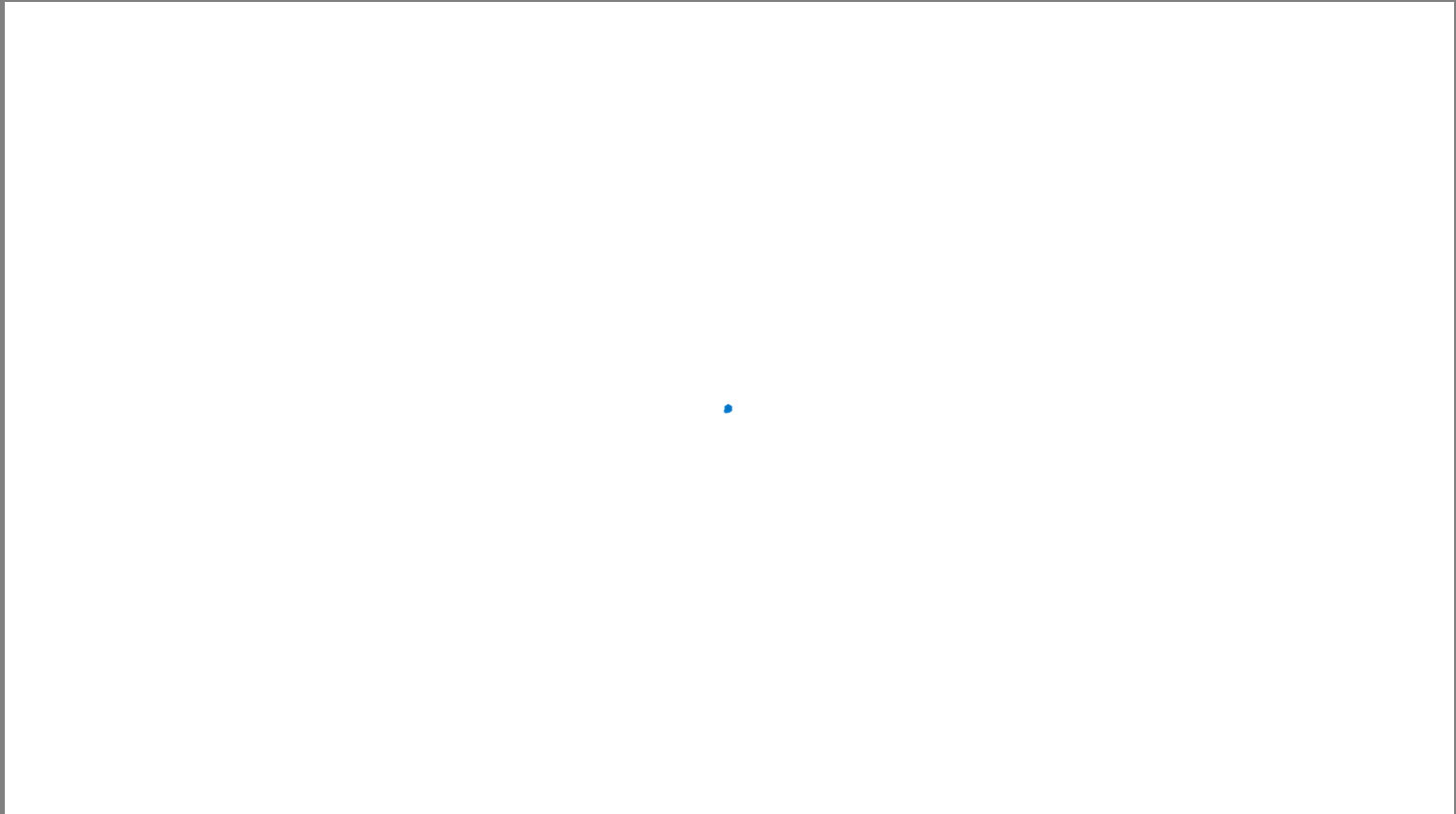


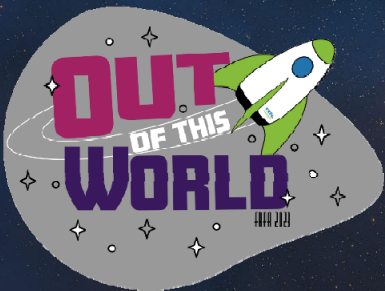
Level 4

Advanced case studies that progress your competency with the Swim Angelfish Methodology.



Let's Discuss: What type of CE is best for YOU?





If you are a recreational therapist, please tell us about your experiences with adapted aquatics...

<https://go.fiu.edu/FRPA2023>





If you are a recreational therapist, please tell us about your experiences with adapted aquatics...

<https://go.fiu.edu/FRPA2023>



Who is with us?



ATTENDANCE CHECK IN





Thank You!

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**FLORIDA RECREATION
& PARK ASSOCIATION**

For more information about the
Florida Recreation and
Park Association
visit frpa.org



If you are a recreational therapist, please tell us about your experiences with adapted aquatics...

<https://go.fiu.edu/FRPA2023>

