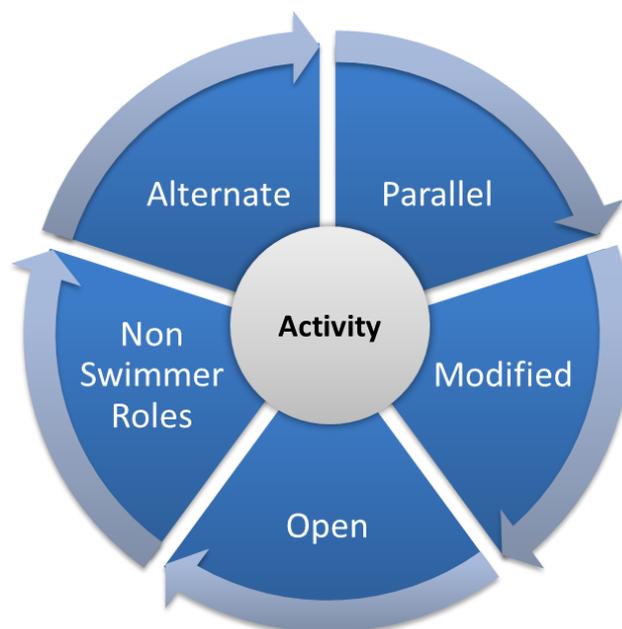


Aquatic Activity Spectrum

This resource is intended for use in conjunction with Pillar 3: Choices

Modifying or adapting aquatic programs to meet the needs and skills of participants can be a simple way for programs to be more inclusive.

Inclusion encompasses many different options in different settings. It is not always about including a person in standard sport settings without any modifications. Inclusion in swimming and aquatics activity can be viewed in terms of a spectrum. Each element of the spectrum is as important as the next, and ideally there would be activities available for a range of people to choose from across all elements. When applied in conjunction with simple **Adaptation Methods** swimming and aquatics deliverers can create a range of opportunities to participate.



Alternate

Participants work on specific skills or activities leading to more successful inclusion in the whole group. In some cases to achieve successful inclusion, participants need to practice separately first. This should not be most of the time and the focus is on transitioning into the main group activity.

Parallel

This is where more than one version of the same activity is delivered. Typically participants are grouped by ability. Each group participates in the same activity but at a level appropriate to the group.



Modified

Everyone participates in the same activity however adaptations are made to either challenge and/or support individual participants according to their ability or particular needs.

Open

All participants can get involved in open activity. Typically activity is less structured with limited or no modifications and has a focus on play. Participants can find a level of participation that suits them.

Non Swimmer Roles

Not everyone may want to get wet. There are many other opportunities to participate. Consider options like volunteering, administration, teaching, coaching, or other non-swimming roles.

(The Aquatic Activity Spectrum has been adapted from the resources of The Australian Sports Commission and UK Youth Sports Trust.)