

Coaches

Inclusion of Swimmers with a Disability

105.1 Authority -The USA Swimming Rules & Regulations grant the referee the authority to modify the rules for a swimmer with a disability. Disability is defined as a permanent physical or cognitive disability that substantially limits one or more major life activities. This section contains guidelines and suggestions for making such modifications. Reference 701.24 for Open Water competitions.

105.2 Responsibilities

- A. Swimmer** — The swimmer (or the swimmer's coach) is responsible for notifying the Referee, prior to the competition, of any swimmer with a disability and of the requested accommodations and/or modifications. The swimmer/coach shall provide a personal assistant(s) or any equipment (tappers, deck mats, etc.) if required.

Recommended Best Practice: Coaches submit the Athlete Necessary Accommodation Form along with meet entries to alert the Meet Referee of any accommodations/technical modifications the swimmer(s) may need.

Editable Athlete Necessary Accommodation Form

- Suggestion: You, as coaches, know your swimmers and the strokes. Be early and proactive in communicating with the meet referee about what your swimmer needs to have an inclusive parallel competitive experience.

The following information is to help facilitate the conversation between coaches and meet referees in order to provide an inclusive parallel performance.

Accommodations - Necessary for a swimmer with a disability to access the facility and maneuver to the block

Examples of Meet Accommodations:

- Towel on the block to start
- Assistance at the block before the start
- Extra time to get to the block or exit the pool
- Lane preference such as the outside lane closest to the starter and or ladder for exiting the pool
- Personal Assistant for mobility or communication
- Strobe at the blocks

Modifications - Any exceptions to the technical rules allowing an inclusive parallel performance for a swimmer with a disability.

Examples of Modifications per Art. 105

- Sitting position on block 105.5.1.E(1)
- Starter's arm signals 105.3
- Personal Assistant for mobility, tapper (B/VI) or communication, etc. 105.1.3.B and elsewhere

- Legs, due to immobility, are unable to perform Breaststroke Kick 105.5.2
- Arms, due to immobility, are unable to perform Breaststroke Touch 101.2.4 and/or Butterfly Touch
- 101.3.4 Backstroke start 101.4.1

Questions, contact: Your Zone Disability Coordinators:

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