ndcs
every deaf child

Deaf-friendly swimming

NOFIO CYMRU
SWIM WALES

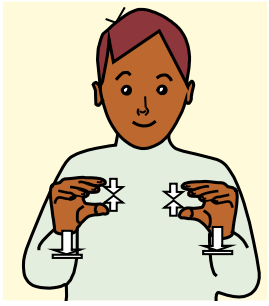
the asa
swim for life

Swim Ulster

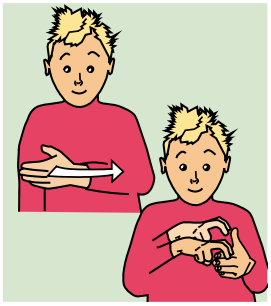
Great Britain
Deaf Swimming Club

Dive in

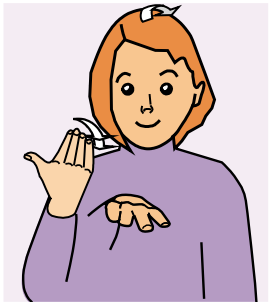
Front



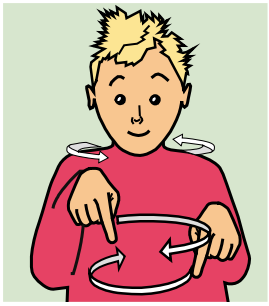
Stop



Sit down on the side

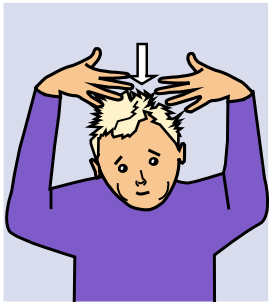


Back

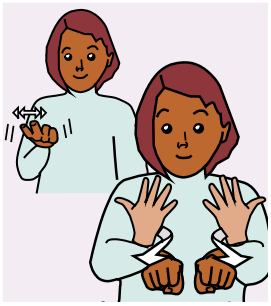


Rotate

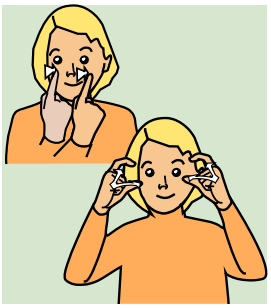
Face in



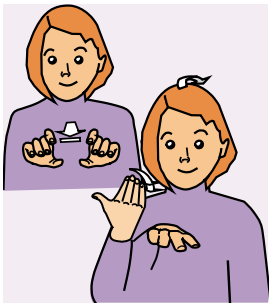
Under water



Two hand touch



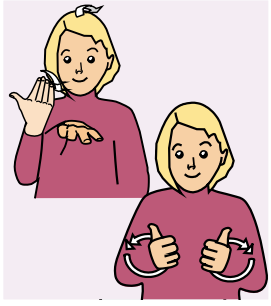
Eyes open



Stay on back

Breathe

Blow bubbles



Finish on back

Fire alarm

© BSL sign graphics Cath Smith - the LET'S SIGN Series - www.DeafBooks.co.uk

Useful contacts

The National Deaf Children's Society (NDCS)

NDCS is the leading charity dedicated to creating a world without barriers for deaf children and young people.

NDCS also runs the Me2 project, which helps mainstream clubs become accredited with Deaf-friendly Pledge status. It also has a national database of deaf-friendly clubs, coaches, officials and competitions.

15 Dufferin Street, London EC1Y 8UR
NDCS Freephone Helpline: 0808 800 8880 (voice and text)
Fax: 020 7251 5020
Email: Me2@ndcs.org.uk for Me2 information or helpline@ndcs.org.uk for general information
www.ndcs.org.uk

Action on Hearing Loss (formerly known as RNID)

A national charity for deaf people that aims to achieve a better quality of life for deaf and hard of hearing people. It does this by campaigning, lobbying, raising awareness of deafness, providing services and through social, medical and technical research. It also runs Text Relay. (see below)

19–23 Featherstone Street, London EC1Y 8SL
RNID Freephone information line: 0808 808 0123
Email: informationline@hearingloss.org.uk
www.actiononhearingloss.org.uk

Action on Hearing Loss – Text Relay

A telephone relay service providing vital communication links for deaf and hard of hearing people.

Text Relay, PO Box 284, Liverpool L69 3UZ
Tel: 0800 7311 888
Textphone: 0800 500 888
Email: helpline@textrelay.org
www.textrelay.org

British Deaf Association (BDA)

The BDA is the largest Deaf organisation in the UK that is run by Deaf people. They represent the sign language community and are active campaigners in improving standards and rights for Deaf and hearing sign language users.

They also have an extensive online information database of organisations, groups and services for Deaf people throughout the UK.

18 Leather Lane, London EC1N 7SU
Tel: 020 7405 0090
Textphone: 020 7588 3529
Fax: 020 7588 3527
Email: bda@bda.org.uk
www.bda.org.uk

Association of Sign Language Interpreters (ASLI)

ASLI is the professional association and support network for sign language interpreters in England, Wales and Northern Ireland. Its members include those who work as interpreters, and deaf and hearing people who support their aims. It also has an extensive database of qualified sign language interpreters from across the country.

Fortuna House, South Fifth Street, Milton Keynes MK9 2EU
Tel: 0871 474 0522
Textphone: 18001 0871 474 0522
Fax: 01908 32 52 59
Email: office@asli.org.uk
www.asli.org.uk

Amateur Swimming Association

The Amateur Swimming Association (ASA) has been in existence since 1869. It was the first governing body of swimming to be established in the world and today remains the English national governing body for swimming, diving, water polo, open water and synchronised swimming.

ASA, SportPark, Pavilion 3, 3 Oakwood Drive, Loughborough University LE11 3QF
Tel: 01509 618 700
Email: customerservices@swimming.org
www.swimming.org

Scottish Amateur Swimming Association

The Scottish Amateur Swimming Association Limited (known as Scottish Swimming) is the national governing body for swimming, masters, diving, water polo, open water and synchronised swimming in Scotland.

Scottish Swimming, National Swimming Academy, University of Stirling, Stirling FK9 4LA
Tel: 01786 466520
Fax: 01786 466521
Email: info@scottishswimming.com
www.scottishswimming.com

Swim Wales

Swim Wales (formally known as Welsh Amateur Swimming Association) is the governing body for swimming, diving, water polo, open water and synchronised swimming in Wales, working across three regions: South East Wales, West Wales and North Wales.

Swim Wales, WNPS, Sketty Lane,
Swansea SA2 8QG
Tel: 01792 513636
www.welshasa.co.uk

Swim Ireland

Swim Ireland is the national governing body for aquatics in Northern Ireland and Ireland. This includes swimming, water polo, diving, open water, masters and synchronised swimming. Swim Ulster is the regional branch of Swim Ireland and delivers the Swim Ireland Strategic Plan at a local level across Northern Ireland.

Sport HQ, Parkwest, Dublin 12
Tel: 028 9066 7546
Email: ruth@swimulster.net
www.swimireland.ie

UK Deaf Sport

UK Deaf Sport aims to encourage Deaf people to participate, to enjoy and to excel at sport. UK Deaf Sport was established in 2003 and has been a member of the International Committee of Sports for the Deaf (ICSD) since 2006.
www.ukdeafsport.org.uk

Great Britain Deaf Swimming Club (GBDSC)

GBDSC is the organising body for deaf swimming. GBDSC selects swimmers to represent Great Britain, organises meets and galas and can advise clubs regarding competitive swimming opportunities.
www.gbdsc.org.uk

Oliver Kenny (14) is a deaf swimmer who has been competing for four years
Oliver was born profoundly deaf. He relies on lipreading and British Sign Language (BSL) to receive information.

For the first 3–4 years of his swimming training, Oliver's mum was there to interpret for the coach every session by the pool. The local deaf association provided a short 10-hour deaf awareness and basic sign language course which was attended by several of the swimmers and the previous coach from West Norfolk Swimming Club (WNSC). Everyone was eager to learn and this enabled Oliver to gain independence and be fully included in the training sessions. WNSC uses a starting system with a strobe light which enables Oliver to start races independently with his hearing peers. When visiting venues that don't have such facilities, Oliver gets a tap start either from his coach or a member of his team. Oliver was selected to swim for Great Britain in the World Deaf Swimming Championships in Portugal in 2011. His coach ensured that his training was specific for his needs and arranged for extra sessions to prepare him. At WNSC the swimmers, coaches, committee, parents and leisure centre staff all know Oliver well and they provide a friendly environment where he feels safe, confident and part of the team.

ASA Playground to Podium Officer
"When I first joined the Club the only reason I realised that Oliver had any sort of hearing difficulties was when I saw someone signing to him poolside. The other swimmers seemed to communicate with him as they did with everyone else. I now know the full facts and how the Club put in place measures to ensure that Oliver is fully included, by teaching swimmers British Sign Language (BSL) and deaf awareness, like making sure others face him when they talk to him.

Oliver swims with our top squad for training, which has a heavy training load. The majority of coaches at the Club are now well aware of Oliver's particular requirements, but we take care to pass on this knowledge to new coaches.

The other swimmers know that Oliver needs to see the coach and training board. If someone forgets, a gentle reminder from either Oliver or another swimmer is all that's required. People tend to assist him if they know he needs help.

Since his return from Portugal he has consistently set an excellent example for the other swimmers, works hard and sets high goals for himself. He is rightly proud of his achievements to date but remains eager to do much more. I know that all his peers at the Club were delighted for him and enjoy having a GB swimmer in their midst.

It's my intention that we build on what we have learned to provide extra support wherever we can. I want more Club members to have some knowledge of BSL by running a course. These skills will serve members in their day to day lives and even after they leave the Club.

We're also looking to appoint an officer who will coordinate specific training plans for those who require them. These plans will provide coaches with swimmer-specific information.

Oliver is one of our more cheerful teenage swimmers who is liked and respected by everyone who knows him. It's a pleasure having him at the Club and I hope that we can help him fulfil his potential."

NDCS provides the following services through our membership scheme. Registration is simple, fast and free to parents and carers of deaf children and professionals working with them. Contact the Freephone Helpline (see below) or register through www.ndcs.org.uk

- A Freephone Helpline 0808 800 8880 (voice and text) offering clear, balanced information on many issues relating to childhood deafness, including schooling and communication options.
- A range of publications for parents and professionals on areas such as audiology, parenting and financial support.
- A website at www.ndcs.org.uk with regularly updated information on all aspects of childhood deafness and access to all NDCS publications.
- A team of family officers who provide information and local support for families of deaf children across the UK.
- Specialist information, advice and support (including representation at hearings if needed) from one of our appeals advisers in relation to the following types of tribunal appeals: education (including disability discrimination, special educational needs (SEN) and, in Scotland, Additional Support for Learning (ASL)); and benefits.
- An audiologist and technology team to provide information about deafness and equipment that may help deaf children.
- Technology Test Drive – an equipment loan service that enables deaf children to try out equipment at home or school.
- Family weekends and special events for families of deaf children.
- Sports, arts and outdoor activities for deaf children and young people.
- A quarterly magazine and regular email updates.
- An online forum for parents and carers to share their experiences at www.ndcs.org.uk/parentplace.
- A website for deaf children and young people to get information, share their experiences and have fun at www.buzz.org.uk.

NDCS is the leading charity dedicated to creating a world without barriers for deaf children and young people.

NDCS Freephone Helpline:
0808 800 8880 (voice and text)

Email: **helpline@ndcs.org.uk**

www.ndcs.org.uk

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