



# Halliwick Penguins Swimming Club

## for disabled people

Visit us at [halliwickpenguins.org](http://halliwickpenguins.org)  
Follow us on Facebook @halliwickpenguins  
Follow us on Twitter @halliwick  
Registered Charity Number 1033588

AFFILIATED TO HALLIWICK AST



## Policy on Physical Contact

Physical contact is an essential aspect of working with the Halliwick Concept to achieve water happiness and, where appropriate, independence. The acceptance of this contact should be seen by swimmers and instructors/helpers as a privilege.

To guard against any misunderstanding, both the swimmer and the instructor/helper should know what support is appropriate for Halliwick activities.

By joining a Halliwick swimming session, the swimmer and/or their parent/guardian/carer/personal assistant (referred to as 'responsible adult' in this document for convenience) is deemed to accept an acceptable degree of contact.

If the instructor/helper thinks it necessary to deviate from the support usually provided, they must first gain the permission of the swimmer or their responsible adult and discuss this with the club's chief instructor as soon as possible.

The swimmer or responsible adult is encouraged to say if they find a particular support unacceptable so that modifications can be made where possible.

### Acceptable Supports

Both the instructor's/helper's and the swimmer's hands should aim to be flat. This gives the maximum area of contact, aiding balance and discouraging gripping.

Support is often given with the instructor's/helper's hands either side of the swimmer's pelvis.

For ease, this is referred to as hands-on-hips, though it is not technically on the hip joint.

### Vertical Support – Facing Swimmer

1. Full support – instructor's/helper's hands on swimmer's shoulders; swimmer's hands on instructor's/helper's shoulders
2. Hands on elbows/forearms
3. Hands on hands
4. Instructor supports either side of the swimmer's hips for some activities

### Vertical Support – Behind Swimmer

1. Hands at either side of swimmer at hips, fingers pointing towards the toes. In some activities, there may be some body contact. Keep this to a minimum.
2. Hands on hands

This support is sometimes required but has the effect of restricting the swimmer's own control of vertical balance. Ensure that the swimmer's hands are forward of their body, i.e., in the normal 'chair position'. This may necessitate the instructor's/helper's body being very close to, or contacting, the swimmer's body.

### **Support in a Back Float**

Hands at either side of swimmer at hips, fingers pointing towards the toes.

### **Support For Longitudinal Rotation**

Face the swimmer. Support either side of hips. Take care that the fingers are not intrusive.

### **Straddle Support**

This method of support is rarely needed but is very useful in certain circumstances. The swimmer's or responsible adult's permission must be obtained, and the chief instructor consulted. The instructor/helper must ensure there is the maximum distance between the two.

If you require further information or explanation regarding types of support used when working with a swimmer, you should contact the club's chief instructor.