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LET'S SWIM

LET'S SWIM

Enabling adequate physical activity and improving social inclusion for children and adults with disabilities through swimming

INCLUDING CHILDREN AND ADULTS WITH DISABILITIES THROUGH SWIMMING

nATATOR
plivački klub



Halliwick
Polska



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1 INCLUDING PARA SWIMMERS IN SWIMMING CLUBS

Para swimmers participate in swimming for the same reasons as swimmers who do not have disabilities – they want to have fun, they enjoy swimming, they want to be with friends and make new friends, they want to “get in shape” and stay healthy, they want to improve their skills and performances, and they enjoy competition. Para swimmers are attracted to swimming clubs’ programmes because of the quality of coaching and competition.

This brochure was written to help coaches respond to the challenge of including children and adults with disabilities through swimming. The content is based upon advice from coaches who possess experience of working with swimmers who have a disability. Emphasis is placed upon common-sense solutions that accommodate individual differences and that rely upon typical coaching expertise.

1.1 WHY INCLUDE?

Including swimmers with a disability has obvious benefits for all members of the swimming community. Inclusion is simply the right thing to do!

1.2 BENEFITS FOR PARA SWIMMERS

Para swimmers who join clubs benefit from better sport-specific coaching, more rigorous training, more competition in practice, and higher expectations than they are likely to receive in other settings. Other benefits include socialization opportunities, greater independence in activities of daily living, and improved ability to cope with limitations imposed by disabilities. The opportunity to be part of a team is especially important to athletes whose educational experiences may have been routinely individualized, and the opportunity to demonstrate ability and educate others can be a very satisfying experience for persons who are frequently judged on the basis of what they cannot do.

1.3 BENEFITS FOR OTHER SWIMMERS

The whole team benefits from inclusion of para swimmers. New friendships and experiences enrich the lives of every member of the team. In addition, swimmers who do not have disabilities learn to appreciate the concept of focusing on abilities rather than limitations. They observe the similarities between themselves and their teammates who have disabilities, such as common motives for swimming, shared performance goals, and similar responses to training regimens. Some coaches report that including athletes with disabilities increases motivation and decreases negative talk or complaints by other swimmers during practice.

1.4 BENEFITS FOR THE COACH

Coaches hone their skills with respect to communicating with athletes, teaching sports techniques, and modifying activities and equipment. Another benefit for coaches who include para swimmers is the possibility of being selected to coach at camps and competitions for para swimmers.

1.5 BENEFITS FOR THE CLUB

In some cases, sports programmes that include para swimmers may realize increased publicity and external funding such as sponsorship support, and small grants may be easier to obtain.

1.5.1 Integrative swimming clubs

VELENJE SWIMMING CLUB

Velenje Swimming Club was founded in 1976. Velenje Swimming Club has national champions and has had a swimmer in the Olympics. It offers training and swimming competitions to all children with different abilities. Velenje Swimming Club is especially proud of Delfinčki – a large group (30 and more) of swimmers with different disabilities that was founded in 2006 and since then it has used the Halliwick Concept in working with children with special needs. Velenje Swimming Club achieved great results attending European Para Youth Games three times. Velenje's swimmers participated in the Special Olympics (Abu Dhabi 2019). Their swimmers with Down syndrome participate in the Trisome games and the VIRTUS games. Velenje Swimming Club is also proud of great swimming successes of its swimmers with autism. Swimming training and competitions improve swimmers' social inclusion.

NATATOR SWIMMING CLUB

Natator Swimming Club was founded by the Croatian Paralympic swimmer Ana Srsen in 2003. Ana's main goal was to create an equal opportunity club for all who want to swim. Today, Natator Swimming Club is one of the most successful swimming clubs whose swimmers participated at the Paralympics 2004, 2008, 2012 and 2020 and won medals at WPS European and World Championships, the Mediterranean Games, VIRTUS, DSISO and EPYG Games. Natator Swimming Club has national champions and record breakers. The Club's coaches have also gained numerous recognitions. Natator's coaches have been elected as head coaches by the Croatian Para Swimming Association and the Croatian Paralympic Committee.

The Club implements the early swimming programme and swimming training based on the Halliwick Concept and the Freds Swim Academy method, thus trying to enable children of different abilities to become confident swimmers up to the age of five and to ensure safety from drowning, as well as to satisfy their need for movement and strengthen their confidence and self-reliance.

Since 2003, the Club has been organizing international swimming camps and conducting the FSA method and Halliwick Concept training seminars.

The programme is conducted by the Natator's multidisciplinary team of kinesiologists–kinezioterapists, physiotherapists, pedagogues and coaches supported by experienced sports managers.

The aim is to create the environment in which swimmers progress and are able to realize their full potential. By actively inciting people to take up swimming and by promoting bio-psychological and social effects of swimming, Natator Swimming Club positively contributes to the local community.





SPORTSKO UDRUZENJE HALIVIK, SUH, (SPORT ORGANIZATION HALIVIK)

The Sport Organization Halivik was founded by a young enthusiast from Novi Sad, a certified Halliwick Concept instructor with a master's degree in sports and physical education, Igor Bežanović, during 2017. His main goal was to create a healthy environment that provides everyone with equal opportunities for doing sport/swimming and learning and advancing in the aquatic environment.

In this short time, the Sport Organization Halivik has been successful in regional competitions. In addition to the Halliwick Concept of swimming, SUH offers a combination of sensory-motor development with the Halliwick Concept of swimming in order to encourage proper growth and development of the children with and without disabilities.



Four founders of paraswimming clubs from 4 neighbouring countries: Igor Bezanovic, Sportsko udruženje Halivik, Serbia, Katarina Praznik, Plavalni Klub Velenje, Slovenia, Ana Srsen, Plivački klub Natator, Croatia and Amel Kapo, Plivački klub Spid, Bosnia and Herzegovina met in Novi Sad during the 1st Letswim Halliwick Foundation Course held in Serbia. In their clubs they use Halliwick as a grassroots activity aimed at improving social inclusion of children and adults with disabilities through swimming.

1.6 HOW TO INCLUDE

How should a coach respond when a swimmer with a disability asks to join the club?

1. Embrace the challenge.
2. Focus on the individual, not the disability.
3. Seek advice from experienced coaches.
4. Coaches should have the same general expectations for para swimmers as for their teammates.

2 LEARN TO SWIM PROGRAMMES

Swimming offers a wide range of benefits to people who live with a disability. This includes:

1. Alleviation of pressure on joints and muscles
2. Improving muscle strength
3. Improving heart health
4. Improving mental health
5. Positive impacts on transfer skills
6. Improving social wellbeing and having fun
7. Supporting independence

For many people and children, their association with water and swimming starts with learning to swim. Swimming is great for people of all ages and abilities and it is never too late to learn.

2.1 HALLIWICK CONCEPT IN SWIMMING CLUBS

The Halliwick Concept is an approach to teaching people to participate in water activities, to move independently in water and to swim. This is achieved through the Ten Point Programme. As well as being a very successful way of teaching swimming to anybody, it also can be used as therapy.

2.1.1 The Ten Point Programme

The Ten Point Programme is a structured learning process through which a person with no experience in water can progress towards independence in the water. The person does this through mastering the control of movement in the aquatic environment. Through the Ten Points the 'swimmer' gradually gains better breath, balance and movement control, becomes more confident in the water and experiences increased freedom in the water.



Halliwick session in Natator Swimming Club. (PHOTO BY SARA HORVATIĆ)

This is achieved by working on a one-to-one basis with an instructor, who gives appropriate supports, allowing the 'swimmer' to learn without the use of flotation aids. Whenever possible, 'swimmers' initiate and control the movements with the instructor supporting as necessary.

For many, the Ten Point Programme will be an opportunity to learn to swim competently, whilst for others it will give the chance to join in other aquatic activities.

Halliwick session in Natator Swimming Club. (PHOTO BY SARA HORVATIĆ)



THE TEN POINTS ARE:

- | | |
|-----------------------------------|---|
| 1.) Mental Adjustment | 6.) Combined Rotation Control |
| 2.) Disengagement | 7.) Upthrust |
| 3.) Transversal Rotation Control | 8.) Balance in Stillness |
| 4.) Sagittal Rotation Control | 9.) Turbulent Gliding |
| 5.) Longitudinal Rotation Control | 10.) Simple Progression and Basic Swimming Movement |

1.) Mental Adjustment

Being in the water is different than being on land. Once in the water, a 'swimmer' has to learn to respond appropriately to this new environment, situations or tasks.

Mental adjustment is an ongoing process throughout the learning process. For example, the learning of breath control (one aspect of Mental Adjustment) can start as a separate skill, just blowing onto the water, but then it will be combined with other skills e.g. sitting on the bottom of the pool.

[HTTPS://VIMEO.COM/CHANNELS/HALLIWICK/35211509](https://vimeo.com/channels/halliwick/35211509)

2.) Disengagement

Disengagement is an ongoing process throughout the learning by which the 'swimmer' becomes physically and mentally independent. For example, a 'swimmer' who is afraid to move around in the water will need a lot of support but as they become more confident and gain better balance they will need less support and will be more disengaged.

[HTTPS://VIMEO.COM/CHANNELS/HALLIWICK/35212135](https://vimeo.com/channels/halliwick/35212135)

3.) Transversal Rotation Control

Transversal Rotation Control is the ability to control movement around an axis going from side to side (fronto-transversal axis). For example (i) in an upright position, leaning forwards to blow bubbles, (ii) moving from an upright position to floating on the back in the water, (iii) moving from floating on the back to an upright position (with or without support), (iv) being able to stay in an upright position without falling forwards or backwards.

[HTTPS://VIMEO.COM/CHANNELS/HALLIWICK/35212241](https://vimeo.com/channels/halliwick/35212241)

4.) Sagittal Rotation Control

Sagittal Rotation Control is the ability to control movement sideways around an axis going from front to back (sagitto-transversal axis). For example (i) in an upright position putting the ear in the water, (ii) in an upright position moving sideways.

[HTTPS://VIMEO.COM/CHANNELS/HALLIWICK/35224667](https://vimeo.com/channels/halliwick/35224667)

5.) Longitudinal Rotation Control

Longitudinal Rotation Control is the ability to control movement around a long axis of the body, such as the axis passing from the head to the toes (sagitto-frontal axis). This might be in an upright position or in a horizontal floating position. For example (i) in an upright position turning round on the spot, (ii) from a position face down in the water rolling to a horizontal floating position, (iii) while swimming on your front rolling to take a breath.

[HTTPS://VIMEO.COM/CHANNELS/HALLIWICK/35224711](https://vimeo.com/channels/halliwick/35224711)

6.) Combined Rotation Control

Combined Rotation Control is the ability to control movement using any combination of rotations. It gives the 'swimmer' control in all three dimensions of movement in the water. For example (i) entering the water from sitting on the poolside and rolling into the water to achieve a horizontal floating position, (ii) regaining a stable position on the back after falling forwards, (iii) changing direction when swimming to the poolside.

[HTTPS://VIMEO.COM/CHANNELS/HALLIWICK/35224896](https://vimeo.com/channels/halliwick/35224896)

7.) Upthrust

Upthrust is a physical property of water that enables the majority of 'swimmers' to float in the water. 'Swimmers need to trust that the water will support them. This process is often called mental inversion, because the 'swimmer' must invert their thinking and realise they will float and not sink. At this point in the Ten Point Programme submerging is taught, since while submerging you experience upthrust and it is difficult to stay under the water. Examples of upthrust are (i) the 'swimmer' lifting feet off the pool floor and feeling that the water can hold them up (bunny hops), (ii) picking up objects from the pool floor and feeling the upthrust bringing you back to the surface.

[HTTPS://VIMEO.COM/CHANNELS/HALLIWICK/35224945](https://vimeo.com/channels/halliwick/35224945)

8.) Balance in stillness

Balance in stillness is the ability to maintain a still, relaxed position in the water. This can be achieved in many different positions and is dependent on both mental and physical balance control. Floating is an example of balance in stillness, for instance: (i) horizontal floating position, (ii) vertical float, (iii) mushroom float. When balance is achieved other activities can be performed more easily.

[HTTPS://VIMEO.COM/CHANNELS/HALLIWICK/35225498](https://vimeo.com/channels/halliwick/35225498)

9.) Turbulent Gliding

In Turbulent Gliding a 'swimmer' in a horizontal float position is moved through the water by an instructor without any physical contact between them. This is achieved by the instructor making turbulence under the shoulders of the 'swimmer' and moving backwards. The 'swimmer' has to control unwanted rotations but makes no propulsive movements.

<HTTPS://VIMEO.COM/CHANNELS/HALLIWICK/35225938>

10.) Simple Progression and Basic Swimming Stroke

Simple Progression implies performing simple propulsive movements. Those might be simple arm, leg or even trunk movements, for example, in a horizontal back float position (i) clapping your sides, (ii) sculling, (iii) kicking the legs.

A Basic Swimming Stroke would consist of a movement requiring more complex co-ordination and would usually involve bringing the arms out of the water and include an element of gliding (balance in stillness).

For example in a horizontal back float position with the arms at the side of the body, bringing them low over the surface of the water to shoulder level and then, with the arms under the water moving the arms to the sides of the body gliding and starting the stroke again.

<HTTPS://VIMEO.COM/CHANNELS/HALLIWICK/35225969>

2.2 EDUCATION IN HALLIWICK



2.2.1 The International Halliwick Association (IHA)

The International Halliwick Association (IHA) is an international organisation with the objectives of promoting and developing internationally the Halliwick Concept.

Our objectives are to maintain the Halliwick Concept of swimming for children and people with disabilities and to develop the concept and teaching and treatment methods in accordance with new experiences and scientific advances.

Aims of the IHA are:

- ◆ To promote the Halliwick Concept of teaching swimming and rehabilitation in water throughout the world.
- ◆ To encourage good practice in the use of the Halliwick Concept.

To learn more, go to the [IHA'S WEBSITE](#)

There are a number of courses for swimming coaches interested in either learning about the Halliwick Concept or qualifying as an instructor or lecturer. Clubs can organise Halliwick courses for coaches, volunteers and caregivers.

If you wish to organise a course you have a number of choices:

- ◆ Contact the National Halliwick Organisation in your country here.
- ◆ Contact an IHA Lecturer here.
- ◆ Contact the IHA Education and Research Committee here.

In order to ensure quality and maintain standards, the IHA Education and Research Committee has set standards for running the Foundation and the Advanced Halliwick course.

[MINIMUM CONTENT FOR A BASIC \(FOUNDATION\) HALLIWICK COURSE](#)
[GUIDELINES FOR IHA ADVANCED HALLIWICK COURSES](#)



2.2.2 Halliwick Poland Association, HPA, (STOWARZYSZENIE PŁYWANIA I TERAPII W WODZIE „HALLIWICK POLSKA“)

Halliwick Poland Association (STOWARZYSZENIE PŁYWANIA I TERAPII W WODZIE „HALLIWICK POLSKA“) is one of the most active Halliwick organizations in the world. The aim of the Halliwick Poland Association is to conduct public activities in the promotion of swimming and therapy in water in accordance with the ideas of the Halliwick Concept and other related approaches.

HPA annually conducts workshop “Halliwick® Gala - swimming competitions with a time handicap system» for students of the Academy of Physical Education in Cracow and swimming trainers from Poland and training for volunteers participating in Halliwick Galas, and it also organizes and conducts the Polish National Halliwick Galas. In 2018 HPA was an organizer of the 4th International Swimming Halliwick Gala in Cracow hosting competitors, trainers and families of competitors (in total 200 people) from all over the world.



The 1st IHA Foundation Halliwick Course in Serbia was organised from 26th to 29th May 2022 at the Faculty of Sports and Physical Education in Novi Sad, as part of LETSWIM ERASMUS +. Kinesiologists, volunteers and parents from 4 countries participated in the course.



The Advanced Halliwick Course was held in April 2022 in Orahovica, Croatia. The leader and lecturer of the course was Anna Ollasinska from Poland, and the second lecturer was Katja Groleger Sršen from Slovenia.

3 OVERVIEW OF A VARIETY OF CONDITIONS

A brief outline of some of the more common medical conditions likely to be encountered is listed below, together with some additional observations.

3.1 MOST COMMON IMPAIRMENTS

Achondroplasia (Dwarfs)

In the majority of cases this is a genetic condition with people having restricted growth. Attention may be needed to achieve balance and initial safe body position. Once water confidence and controlled breathing have been achieved, move towards a conventional swimming technique.

Arthritis

Osteoarthritis – this is due to wear and tear on joints particularly hips and knees.
Rheumatoid – this is a hereditary condition causing inflammation of joints. Can affect any age group. Also known as Still's disease in children.
Sculling is very useful in the early stages as it causes less pain and propulsion can be gained using minimum effort.
Breathing is easier when supine (on back).

Arthrogyrosis

Due to a congenital condition from birth. It causes multiple joint contractures and is characterised by muscle weakness.
Weight bearing is possible but movement is limited by tightness of the joints.

Autism

The term is applied to a range of conditions indicating challenges with social skills, repetitive behaviours, speech and nonverbal communication. Children with autism are at great risk of drowning. Preferred one-on-one settings in learn-to-swim programmes.

Cerebral Palsy

This is due to an oxygen deficiency at birth or during an accident that may result in some of the difficulties listed below.

- ◆ Reduced muscle power.
Increased muscle tone, causing stiff flexed limbs (spastic).
- ◆ Difficulty in breath control and swallowing.
- ◆ Involuntary, uncontrolled movements – uncoordinated (athetoid).
- ◆ Disturbance of balance (ataxic).
- ◆ Possible speech problems.
- ◆ Possible cognitive impairment.

There are three types of Cerebral Palsy with further descriptions that describe limbs affected.

SPASTIC

Increased muscle tone making limbs appear stiff.

ATHETOID

Co-ordination is poor because of the involuntary movements and many may appear clumsy. However, symmetrical movements are easier to learn.

Breathing difficulties may be apparent.

ATAXIC

The individual may lose balance without prior warning.

Medical descriptions of cerebral palsy may include:-

QUADRIPLEGIC - both legs and arms are involved. The individual may be in a wheelchair if severely affected.

DIPLEGIC - legs affected more than arms. Tend to walk on toes with knees turned or rotated inwards. May/may not use a wheelchair.

HEMIPLEGIC - either left or right side of body involved. Swimmers who have had a stroke may be considered in the same way.

Dysmelia/Amputees

Dysmelia is congenital from birth, amputee is acquired as a result of trauma/accident. Affected limbs may require protection especially if new. Be careful not to bang them accidentally.

The swimmer may need to remove a prosthesis (artificial limb) close to the poolside. Individuals with a lower limb loss should establish a safe means of moving around the poolside.

Individuals may take longer to achieve balance.

Down Syndrome

Down syndrome also known as trisomy 21, is a genetic disorder caused by the presence of all or part of a third copy of chromosome 21. It is usually associated with physical growth delays, mild to moderate intellectual disability, and characteristic facial features. The average IQ of a young adult with Down syndrome is 50, equivalent to the mental ability of an eight- or nine-year-old child, but this can vary widely.

Babies and children with Down syndrome can benefit from being in the pool and learning early swim skills. When introducing the pool to a child it is important to provide lots of opportunities for repetition of each new aquatic motor skill such as: blowing bubbles, floating, kicking and reaching in the pool.

Multiple Sclerosis

This is due to damage to the myelin sheath. When the myelin is damaged there is interference with messages between the brain and other parts of the body.

Swimmer's co-ordination may be affected.

Swimmers will have good and bad days.

Early achievement is essential to aid longer term mobility.

Swimmers may tire easily.

Muscular Dystrophy

This is congenital condition although it is not obvious until later. It is a progressive degenerative disease of muscles.

Swimming helps to keep muscles as fit as possible.

Swimmers have good and bad days. Activities should be adapted accordingly.

As much as possible should be taught in the early stages.

Osteo-genesis Imperfecta (Brittle bones)

This is due to a congenital condition from birth.

Bones may break easily.

Medical limitations may be set.

Care is needed to avoid contact with the poolside and other swimmers.

Spina Bifida and spinal injuries resulting in paraplegia/tetraplegia

This is due to a lesion or injury to the spine. The point of the lesion/break on the spine will determine the degree of paralysis.

Many may have total sensory and motor loss below the site of the lesion.**

Care must be taken of paralysed limbs so that they do not get trapped or trail on abrasive surfaces when lifted or handled.

The swimmer may not notice wounds that take a long time to heal.

The swimmer may be incontinent but this is no barrier to swimming.**

** Consideration should be given to discreet changing facilities.

Strokes

This is due to bleeding into the brain and often causes a degree of paralysis, usually to one side of the body.

Rehabilitation may bring back some movement especially when new balance has been achieved.

Speech is often affected, understanding is not.

Frustration is displayed often because of limitations in communication.

3.2 SENSORY IMPAIRMENTS

Visual

This can range from a total loss (blind) to individuals who remove their glasses and cannot see clearly.

Hearing

This can range from a total deafness to the loss of hearing in a crowded environment, the loss of pitch, and those who cannot hear when they remove their aids.

Learning Disabilities

This is due to a congenital condition or it is a result of an infection, an injury, poisoning or nutrition.

3.3 HIDDEN CONDITIONS

Asthma

A condition that affects the airways to the lungs. The swimmer may require prescribed medication prior to or during exercise. If an attack occurs during the session sit the pupil out and call for appropriate assistance.

Epilepsy

A tendency to have recurrent seizures (sometimes called fits). If a seizure occurs during the swimming session, recover/rescue the swimmer appropriately. Each swimmer requires a knowledgeable spotter on the poolside at all sessions.

Cystic Fibrosis

An inherent condition where mucous is formed causing respiratory difficulties. Tissues and a bowl may be required on the poolside.

Heart conditions

A condition where the heart is damaged.

A medical certificate is advised. Do not overtire, most people know their own limitations.

Diabetes

A condition where the body produces little or no insulin.

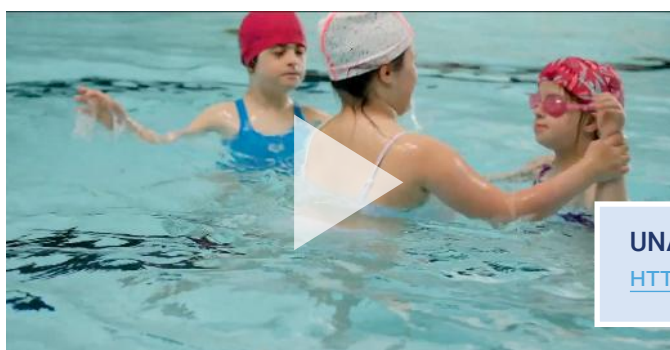
Some swimmers may require special dietary requirements before or after the session as recommended by their doctor.

Haemophilia

A genetic condition where the blood fails to clot easily.

More appropriate to swim in the prone position when learning to swim in order to prevent knocking into obstacles.

Videos: Experiences of parents/caregivers and children participating in the Halliwick program



UNA

[HTTPS://YOUTU.BE/VAO4UCJ6PGQ](https://youtu.be/vao4ucj6pgq)



VITO

[HTTPS://YOUTU.BE/ZTDOR1GNPKI](https://youtu.be/ztdor1gnpki)



JAKOV

[HTTPS://YOUTU.BE/3YOZUDLFIQA](https://youtu.be/3yozudlfiqa)

4 COMPETITIONS

4.1 HALLIWICK GALA

The Swimming Gala will be carried out in accordance with principles of delayed starting time.

4.1.1 Competition with time handicap

This is an introductory orientation, you will find a more detailed instruction in the subsequent rules and guidance documents in this folder approved by the IHA Gala Sub-committee.

4.1.1.1 Background

Basically, the Halliwick Concept expresses respect and acknowledgement of the individual differences between people. In the principles of the Halliwick competition, this is expressed by letting everyone participate without being classified according to age, sex and disability or swimming style.

Instead, the principle of time handicap is used. According to this principle, the winner is not necessarily the fastest swimmer, but the swimmer who improves the most (within certain limits, see later).

INTERESTING FACTS

The First National Halliwick Gala was held in the United Kingdom, 6 Dec 1969, Swiss Cottage Baths (North London).

The international Halliwick Galas:

- 1997 – Denmark
- 2000 – London (UK)
- 2007 – Aarhus (Denmark)
- 2018 – Kraków (Poland)



The cup awarded to the most successful World Championship Team

4.1.1.2 The swimming time

The competition is carried out with a delayed starting time (time handicap). The swimmer with the longest entry time in a heat starts first. The swimmer with the second longest entry time starts next, and so forth. The starting time of the participants in a heat (the start number) is calculated as the difference between the first one and those following.

The entry time for participating in the Gala should always be the swimmer’s personal best time at the distance. During the competition the time achieved in the opening heat is used as the starting time in the semi-final, and correspondingly the time from the semi-final for the final. The time from the opening heat is also used for the participation in the relays.



4.1.1.3 Margin of improvement of 7% (= the allowed swimming time)

If one enters with a swimming time which is (deliberately or not) far from the maximum of what one is able to perform, the competition will not be fair. Consequently, one is only allowed to improve the swimming time by 7%. Those who exceed this margin in the opening heat will be disqualified and might be transferred to a repêchage (named “Extra heat”) where they start with their improved swimming time. Those who exceed the margin in the semi-final will also be disqualified, but not in the final and relays.



4.1.1.4 Extra run

Only one from each opening heat, of those who exceed the 7% margin, will be transferred to the "Extra heat". That is the one who has exceeded the margin the least, calculated in percent. The extra runs are carried out with the semi-finals and the finals.

4.1.1.5 Practical conditions

The swimmers compete in 25, 50 and 100 m races and in relays of 4 times 25 and 50 m.

The pool is a 25 m pool with 8 lanes, but as the computer system used is designed to plan heats with six participants, only six lanes will be used.

The swimmer is allowed a helper at the poolside, who helps during the start.

E.g. the helper holds the swimmer's hand, until the swimmer is allowed to start.

Swimmers are not allowed any flotation aids during the Gala, however the IHA Gala Sub-committee can grant dispensation. An application for the dispensation should be sent to the chairman of the Sub-committee as soon as participation with a floating aid has been considered and at least one month before the registration must be submitted.

Using a "pilot" is allowed as well as flippers, but the Gala organiser must be notified at registration.

4.1.1.6 The swimmer

The only requirement is that the swimmer has participated in a Halliwick swimming competition with time handicap, so the swimmer is familiar with the delayed starting time. Furthermore, the entry time should be achieved under "competitive" circumstances to reduce the risk of exceeding the 7% margin of improvement.



Natator Swimming Club team on the 1st Croatian International Swimming Gala 2022



Halliwick Poland Team on the 1st Croatian International Swimming Gala 2022.



Swimming club Velenje on the 1st Croatian International Swimming Gala 2022.

4.1.2 Guidelines for Conducting a Halliwick Swimming Competition

A Halliwick swimming competition is held with heats of 25, 50 and 100 m. There will be the preliminary, the semi-finals and the finals at 25 and 50 m distance, while 100 m will usually be held only in the preliminary and the finals. If you also choose to hold the semi-finals of 100 m, this must be announced in the invitation to the competition.

Those who swim faster than the 7% rule allows will be disqualified at the preliminary and the semi-finals, but not in the final heat. Some of the swimmers who have been disqualified in the preliminary heats will be transferred to an "extra heat", which will also be followed by the semi-finals and the finals according to the same rules as for the regular heats. If several swimmers in a heat have swum faster than the 7% rule

allows, those who have exceeded by the smallest margin will be transferred to the extra heat.

The number of swimmers transferred from the preliminary heats to the semi-finals and the extra heats depends on the size of the competition, in other words the number of participants, and the time frame for different heats. This must be decided before the competition is held. It would be optimal to organize the competition so that there are 6 swimmers in the final.

The competition software used for the competition is designed to hold 6 lanes in the pool. If the pool has 8 lanes, two of them can, unfortunately, not be used.

TRACK	NAME	TIME REPORTED	START TIME	7%	TIME ALLOWED	END TIME	RUN TIME	PLACE	NOTES
1	Marek	120,1	0	8,4	111,7	118,6	118,6	3	(- 1,5s)
2	Gosia	100,4	20	7,0	93,4	115,9	95,9	1	(- 4,5s)
3	Janek	90,5	30	6,3	84,2	111,2	81,2	DQ	(- 9,3s)
4	Tomek	80,7	40	5,6	75,1	117,5	77,5	2	(- 3,2s)

Swimmers who swim faster than the 7% rule allows will be disqualified at the preliminary and the semi-finals (PHOTO: HPA)

4.1.2.1 Relay race

The relay held after all individual heats are completed is often the culmination of the event because the relay is a competition between the participating teams. Each team (Club / Country) can participate with a relay team of 4 swimmers for the 25 m and 4 swimmers for the 50 m relay. Normally, the 100 m relay will not be held because it takes too long.

If a team does not have 4 swimmers, they are eligible to borrow one and only one swimmer from another team. Swimmers swimming at one distance can also participate at the other distance. The time that will be used as the starting time is the time that each of the participating swimmers achieved in the initial heat. It is therefore a relay prerequisite that all 4 swimmers have participated in the initial heat at the same distance as the relay.

The captain of each national team decides who will be on the relay team. Their names must be given to the competition organisers before the start of the semi-finals. Make sure that as many of the swimmers as possible are given the opportunity to participate in a relay. Each national team can only participate with one relay team at each distance.



Photo: HPA

4.1.2.2 National Competition at the International Halliwick Swim Gala

Background: At the previous international Halliwick swimming competitions, there was a "world championship" between the participating countries based on a points system. The idea of this points system is that the total effort of the swimmers in the individual "national teams" counts in the calculation, instead of a count of the number of medals. This principle was used at the four previous International Halliwick swimming competitions, where Great Britain and Denmark won the trophy twice each.

Calculation of points:

- a.) Points are calculated on the basis of the results at the preliminary, the semi-finals and the finals of 25, 50 and 100 m and at the relays.
- b.) Only teams participating with at least 6 swimmers, and having at least 4 participants in the three distances, participate in the competition.
- c.) In heats with 5 or 6 swimmers, 5, 3, 2 and 1 points are obtained for the 1st, the 2nd, the 3rd and the 4th place respectively.
- d.) In heats with 3 or 4 swimmers, 4, 2 and 1 points are obtained for the 1st, the 2nd and the 3rd place respectively.
- e.) Placements at the semi-final and the final extra races count with full value.
- f.) Since teams with many participants have a relative advantage, the sum of points obtained in the ordinary races and extra races is divided by a ratio. This ratio is the number of participants in the team divided by the number of participants during the event.
- g.) Points obtained at the relays count with full value, which is why they are added to the team's result after the calculation.



Calculating judges (FOTO: HPA)

4.1.2.3 General rules

The swimmer must have a helper by the pool, who helps during the start. For example, by holding the swimmer's hand until the swimmer is allowed to start.



The swimmer must have a helper at the start - the 1st Croatian International Swimming Halliwick Gala was held on 1st October 2022 in Zagreb as part of Erasmus + Letswim project (FOTO PK NATATOR)

In case the swimmer in lane 1 starts too early, the race will be stopped and started again immediately.

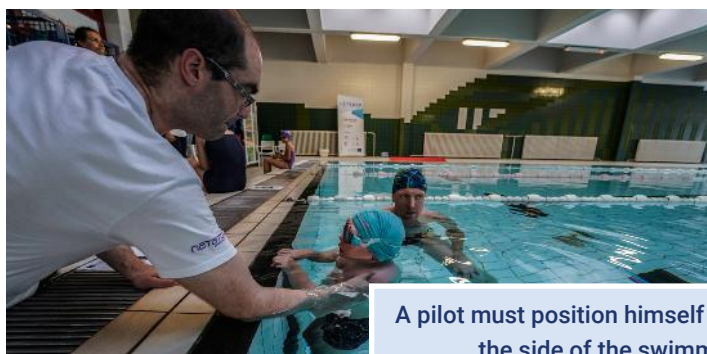
In case of an incorrect start on one of the following courses, the race will not be stopped. The swimmer who starts prematurely will be disqualified unless he / she returns and starts again.

It is allowed to cheer on a swimmer while following the swimmer from the poolside, but it is not allowed to guide a swimmer to stay within the 7% limit. It is up to the person in charge of the competition to make sure that this does not happen. The person in charge can give a yellow card (disqualifies from this heat) or a red card (disqualifies from this competition). Information on the use of yellow and red cards must be provided at the start of the competition. Until now, we have not experienced the need to use the yellow / red card.



Organising Committee of the 1st Croatian International Swimming Gala Erasmus + Letswim

Swimmers are not allowed to use buoyancy aids during the competition, however, the IHA Gala Subcommittee may grant dispensation. An application for the dispensation is sent to the chairman of the subcommittee as soon as participation with means of a buoyancy aid has been considered and at least one month before the registration must be submitted. Use of a "pilot" as well as of flippers is allowed but the competition organisers must be notified when registering.



A pilot must position himself on the side of the swimmer

A pilot must position himself on the side of the swimmer, below the swimmer's shoulders. If the pilot is positioned higher up along the side of or in front of the swimmer, the pilot may increase the speed of the swimmer due to the suction of the turbulence created by the pilot.

At the relay, those starting in the water must be at their position and no one must leave their lane after they have finished their part of the relay. Everyone has to wait in their lane until all swimmers have finished their part of the race. Dispensation for this can be given and must be applied for in the same way as for buoyancy aids.

4.1.2.4 Practical guides

Each heat must be announced so clearly that everyone knows which heat to start now.

It is best if each heat is announced by the speaker and by a visible message.

The announcement must be so clear and visible that the following officials and participants are informed:

- ◆ Competition leader (chief judge)
- ◆ Starter judge
- ◆ Timekeepers
- ◆ Finish judges (2 people on each side of the pool)
- ◆ Turn judges (1 person on each side)
- ◆ Team leader for each team
- ◆ Audience
- ◆ Swimmers and helpers



Competition leader (FOTO: HPA)



Start judge (FOTO: HPA)



Turn and finish judges (FOTO: HPA)



Audience (FOTO: NATATOR)



Timekeepers (FOTO: HPA)



Speaker (FOTO: HPA)

When the event is held, the officials listed below are present and they must have a copy of the race list. First the list of the initial heats, then – when they have been calculated – the semi-final heats and so on:

- ◆ Event leader (1 copy)
- ◆ Starter (1 copy)
- ◆ Speaker (1 copy)
- ◆ Person responsible for visible postings (1 copy)

In addition to the abovenamed official:

- ◆ Team leader for each team (2 copies)

The following must have note sheets to record the result for each heat:

- ◆ Timekeepers (2 people per course) (1 note per course and heat)
- ◆ Goal referees (2 people on each side of the pool) (2 x 1 note for each heat)
- ◆ Turn judges (1 person on each side) (must have writing pad)

Regarding registration for the event and creation of heats:

The event organizers must calculate sufficient time to make participant lists and lists of the individual initial heats, so that the overview of the initial heats can be handed out to the team leaders well in advance of the start of the event.

The main recommendations when creating heats:

- a.) preferably at least 2 sec. start numbers between each swimmer, however no problem if someone starts at the same time.
- b.) distribute the participants from each country optimally on different heats, especially at the initial heats, without too much difference in the start time of the swimmers, so that the heats do not become too long.

Regarding Starter's stopwatch:

It is easier for the Starter of the heats to count using a stopwatch with a second hand than a digital stopwatch that not only shows seconds, but also 10-parts and 100-parts, which can be disruptive when you have to go and count loudly.



4.1.3 Practical conditions the participants want to know something about:

Based on the experiences of the Danish participants in attending the International Gala in Krakow, the Danish Gala committee compiled an overview of the required information and what the tour operators must remember to inform the participants about.

The following relates to the information the participants would like to receive by the organizers about the place they are going to:

Accommodation:

- ◆ There should preferably be a room where the participants can gather

Availability:

- ◆ Bath and toilet facilities (sleeping area and swimming pool)
- ◆ Stairs and lifts (wheelchair space)
- ◆ Outdoor areas – whether it is possible to get around in wheelchairs

Assistive devices:

- ◆ Are aids available on site, or do we have to bring them ourselves?
- ◆ Bath chairs
- ◆ Walkers
- ◆ Wheelchairs
- ◆ Aids for getting up and into the water

Transport:

- ◆ Possibility to bring aids during transport
- ◆ Transport to and from the destination, to and from the swimming pool and around to sights
- ◆ Rental of a local bus or other forms of transport, which can be arranged from home before departure, so that participants can learn about prices

Attractions:

- ◆ Participants must decide which sights they want to see before departure, and they want to know which tickets must / can be ordered from home
- ◆ Shared transport to sights



Mobile elevators for getting in and out of the water

Food / Beverages:

- ◆ Quality requirements / special food
- ◆ What is included in the stay
- ◆ What they should bring with them
- ◆ What the participants should buy during the stay
- ◆ Opportunities to buy food / snacks / drinks that are not included in the stay

Helpers:

Opportunity to get helpers on site?

If so, how many can be made available and for what?

- ◆ The participants' need for help can be for personal hygiene, guidance, etc.

Registration and number of participants:

- ◆ Date of binding registration, when payment is non-refundable
- ◆ How many swimmers from each country and how many helpers / coaches / spectators can participate?



Volunteers, elementary school students and their teachers

Video: 1st Croatian Halliwick Gala, June 2021

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=8OWKABAGOSK&T=27S](https://www.youtube.com/watch?v=8OWKABAGOSK&t=27s)

Video: 1st Croatian International Halliwick Swimming Gala, October 2022
[HTTPS://WWW.YOUTUBE.COM/WATCH?V=OP8DGRIVNOW&t=46S](https://www.youtube.com/watch?v=OP8DGRIVNOW&t=46s)



IV National Swimming Gala Halliwick
Letswim 20.11. 2021 Kraków Polska

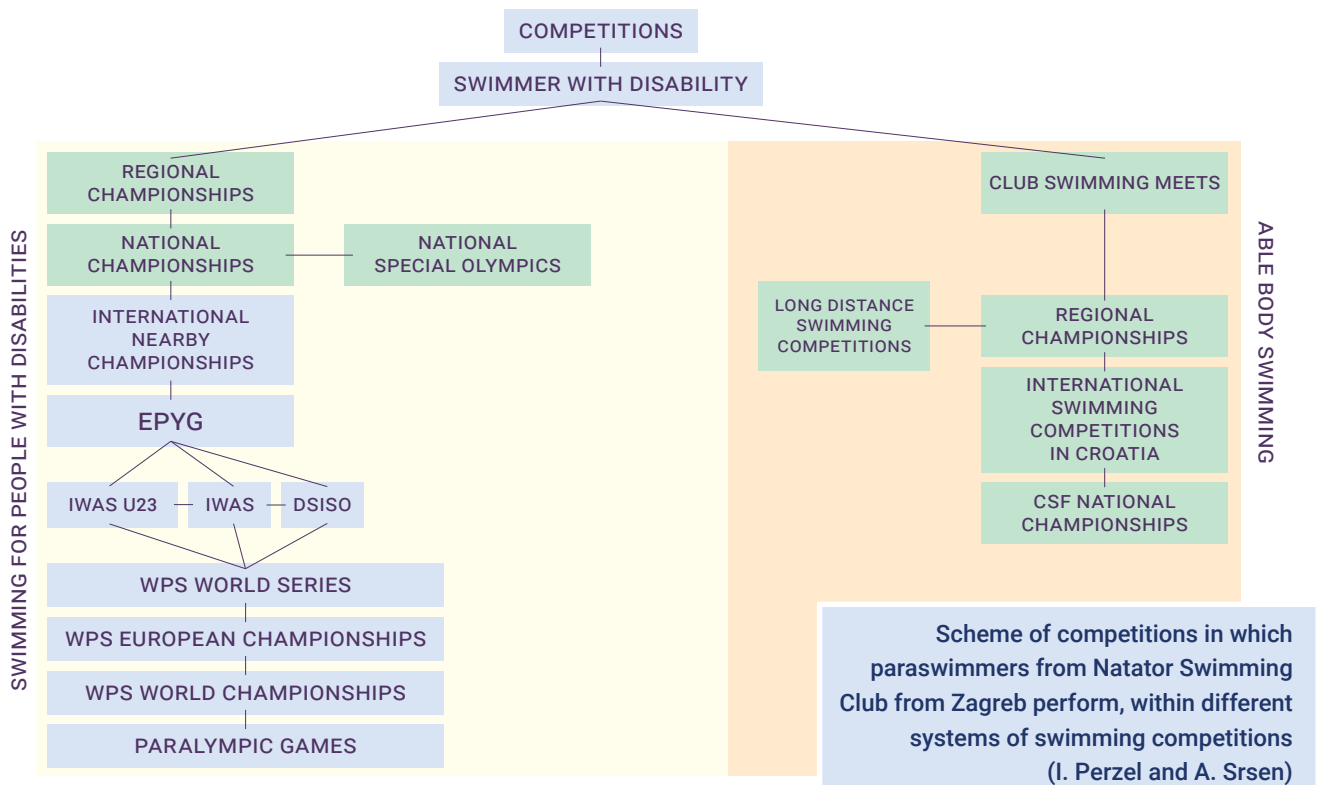
WHEN NUMBER OF MONTHS BEFORE	TASK	RESPONSIBLE/ NOTES	DONE, DATE COMMENTS	OK	APPENDIX Nº
15–18 months before	Determine the time. Coordinate with IHA Gala Com. Reserve swimming pool Arrange accommodation	Local Organizing Committee			
14–17 months before	Draft budget Establish Sponsorship in agreement with IHA Gala committee Send first invitation	Local Organizing Committee IHA Gala Com.			
14–16 months before	Announcing on the IHA web	IHA Gala Com.			
13–15 months before	Establish a national organizing committee	Called hereafter Organizing Committee	If and when depends on local conditions		
12–14 months before	Make an agreement on computer operation and possibly education/ training	Conference with IHA Gala Com.			
12–13 months before	Shedule for event	Organizing Committee			
12–13 months before	Division of tasks. Establishment of working groups for “Guests”, “Catering”, “Gala”, “Helpers”, etc.	“Guest group” prepares/sends information about sights etc.			
12 months before	The groups plan tasks and timing	Groups & Organizing Com.			
11–12 months before	Start recruiting helpers Write to “external”	Group Helpers or Organizing Com.			
10–11 months before	Agree with lifeguards—and establish procedure for security/first aid	Organizing Committee			
	Print invitations/event schedule, for notables (?), guests, members, helpers	Group Guests			
	Send out detailed invitations to participants: dining, accommodation, aids, excursions Cashier and payment	Organizing Com. or IHA Gala Com.			
	“Help” document for distribution, i.e. to parents in local clubs	Group Helpers			
	Agree on event leader, starter, speaker Team leader	Organizing Com.			

WHEN NUMBER OF MONTHS BEFORE	TASK	RESPONSIBLE/ NOTES	DONE, DATE COMMENTS	OK	APPENDIX Nº
10–11 months before	Make an agreement with “catering” and shopping (water and drinks, sandwiches + fruit etc.)	Group Catering			
	Responsible for ordering prizes and trophies Remember plaques for the gold winners (relay)!	Group Gala			
	Recall trophy (“international trophy”) Agreement with the swimming pool, accessibility and disabled toilet, dining and living area, chairs for participants in the hall, spectator area, renting tables and office chairs (for IT) etc.	Group Gala			
	Overview of officials and helpers (staffing plan)	Group Helpers			
	Check stopwatch and referee system (if you have one)	Group Gala			
	Receive registrations Determine the number of heats Make running lists Review procedure plan	Computer operation Event leader Computer operation			
	Decoration and practical tasks Catering: sandwiches, fruit Shopping: trays, water, juice, napkins	Group Catering			
0 months before	Information for team leaders: Security procedure Event schedule and rules Advertising of heat and results etc.	Event leader			
	Orientation of timers, goal judges etc.	Starter Event leader			
	Result lists, prize lists Fill out diplomas Calculate winner of “national competition”	Computer operation			

4.2 INCLUSIVE MEETS

Most swimmers with a disability enjoy competing in local swimming meets because they can test themselves against fast, skilled swimmers, and they can participate with their friends and teammates. Their coaches typically insist upon participation in meets to help gauge the effectiveness of practices in improving skills, speed, and conditioning and because of the contributions the swimmer can make to the team effort. Here are some ways that the coach can help make meets a successful and fun experience for swimmers with a disability.

- ◆ Advise the swimmer that s/he will be competing against swimmers who do not have disabilities, and that there are no special events or classifications for para swimmers. Encourage the swimmer to focus on personal-best performances, especially if s/he is likely to be slower than other swimmers in the meet.
- ◆ Coaches should encourage swimmers to gradually reduce reliance on personal assistants as they become older and more skilled
- ◆ Coaches should consider issues such as fairness to the swimmer with a disability, fairness to other swimmers, and the meet timeline when making requests, e.g., completing a 100 while other swimmers in the event complete a 200); swimming out-of-age group (e.g., a 13-year-old swimmer competing in an 11-12 event);
- ◆ Remind the referee prior to each session if the swimmer needs accommodations that affect officiating such as use of tappers, or an in-water or sitting start. This will help officials to provide appropriate accommodations without focusing undue attention on the swimmer. The referee will notify other officials as needed.
- ◆ Expect your swimmer to comply with FINA Swimming rules and expect officials to apply those rules. Officials follow the principle that if a swimmer uses a body part for propulsion, it is judged according to the technical rules. Rulebooks provide additional guidelines about officiating para swimmers.
- ◆ Coaches are responsible for notifying the meet referee about the swimmer's disability and requested accommodations. Remember that attitudes are easier to change when you set a positive example and when you educate rather than confront.



4.3 PARA SWIMMING

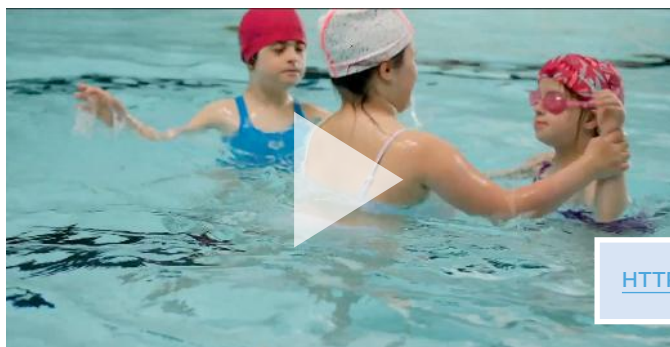
[HTTPS://WWW.PARALYMPIC.ORG/SWIMMING](https://www.paralympic.org/swimming)

Para swimming is practised internationally by athletes in nearly 100 countries and has featured in every edition of the Paralympic Games, growing into one of the biggest and most attractive sports.

World Para Swimming, under the governance of the International Paralympic Committee, acts as the international federation for the sport.

Para swimming is open to male and female athletes in all eligible impairment groups competing in backstroke, breaststroke, butterfly, freestyle, medley and relay events. Competition opportunities include the Paralympic Games every four years, biennial World Championships and biennial or quadrennial regional Championships.

The World Series, featuring a number of swim meetings around the world, was launched in 2017 to provide greater classification opportunities and top-level competition opportunities for athletes.



[HTTPS://YOUTU.BE/PCJL6IOU-EE](https://youtu.be/PCJL6IOU-EE)

World Para Swimming uses the same rules as its Olympic counterpart, the International Swimming Federation (FINA), with some modifications where needed. Further to ongoing contacts between World Para Swimming and FINA, there is a desire to explore opportunities for synergies in areas in which both organisations share common interests.

Para swimming was one of eight sports that made up the sport programme at the first Paralympic Games. At Rome in 1960, 77 swimmers – all with spinal cord injuries – from 15 countries competed in 62 medal events. The maximum distance covered by swimmers was 50m and disciplines included backstroke, breaststroke, crawl and medley for swimmers with complete and incomplete spinal injuries.



Croatian para swimmer Mihovil Španja won 4 paralympic medals in PG in Athens 2004 and London 2012.
(PHOTO: DAMIR SENČAR)

At the Tokyo 1964 Paralympics, the competition took place in the nine-lane, 50m Tokyo Metropolitan Pool because the Olympic swimming venue had been converted into an ice-skating rink. Many of the technical officials involved in the competition had also officiated the Olympic races a week earlier.

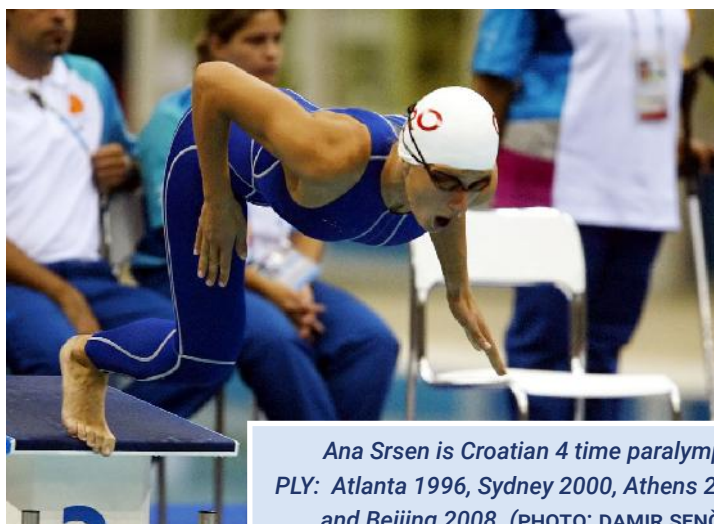
For the Toronto 1976 Paralympics, amputee and vision impaired athletes were included for the first time in the swimming programme. This led to a dramatic rise in the number of medal events, with athletes competing for 146 gold medals compared to 56 in Heidelberg.

Cerebral Palsy athletes competed for the first time at the 1980 Paralympics in Arnhem, the Netherlands, and the USA's Trischa Zorn was the star performer winning seven gold medals.

In 1984 the Games were split between Stoke Mandeville, Great Britain, and New York, USA. Wheelchair athletes competed in the Paralympic Movement's birthplace while all other impairment groups, including Les Autres – a new addition to the Games – competed in the USA.

The Sydney 2000 Paralympics saw swimmers with an intellectual impairment compete in the Games for the first time.

At the Tokyo 2020 Paralympics, 604 swimmers from 74 countries competed in 146 medal events.



Ana Srsen is Croatian 4 time paralympian PLY: Atlanta 1996, Sydney 2000, Athens 2004 and Beijing 2008. (PHOTO: DAMIR SENČAR)

4.3.1 Classification in paraswimming

Para-swimming classification is a function-based classification system designed to allow for fair competition in disability swimming. The classes are prefixed with "S" for freestyle, butterfly and backstroke events, "SB" for breaststroke and "SM" for individual medley events. Swimmers with physical disabilities are divided into ten classes based on their degree of functional disability: [s1](#), [s2](#), [s3](#), [s4](#), [s5](#), [s6](#), [s7](#), [s8](#), [s9](#) and [s10](#). The lower number indicates a greater degree of impairment. Those with visual impairments are placed in three additional classes: [s11](#), [s12](#) and [s13](#). One more class, [s14](#), is reserved for swimmers with [INTELLECTUAL IMPAIRMENT](#). A final class, [s15](#), is for athletes with [HEARING LOSS](#).

Information Graphic Swimming

Sebastian Iwanow
Swimming, Germany

"Swimming is one of the few Paralympic sports, in which athletes with a physical, visual and intellectual impairment participate together. Another characteristic of the sport is, that there are various starting positions, but in general, Olympic and Paralympic Swimming follow the same rules."

<http://sponsoring.allianz.com>

Starting Positions

There are various positions for swimmers to start their race:

- In the water
- Next to the starting platform
- Sitting on the starting platform
- Standing start with assistance
- Standing start without assistance

Tapping

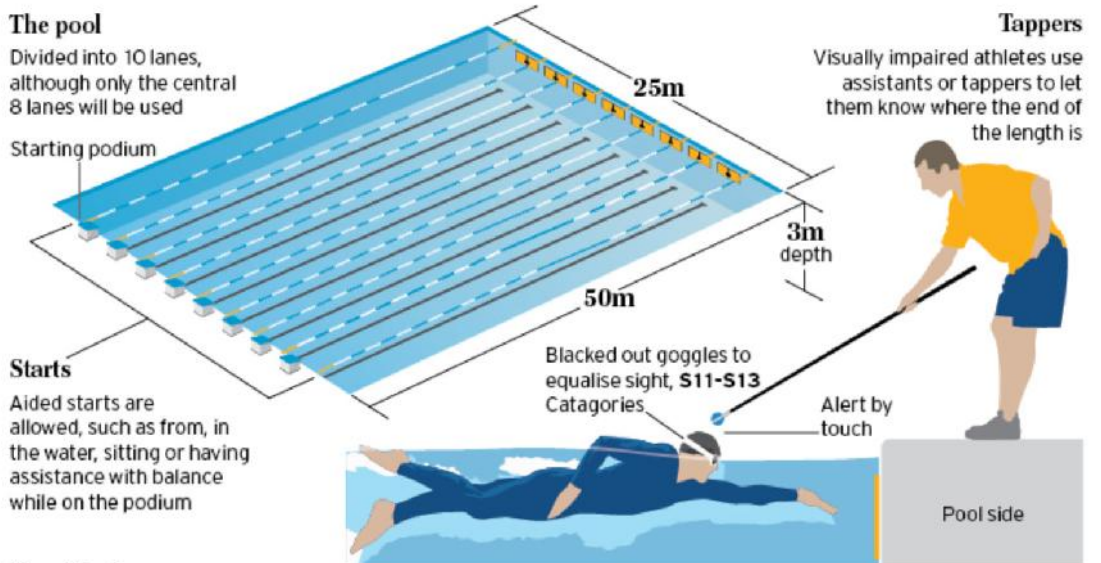
Some swimmers with a visual impairment have an assistant to direct them with a pole as they approach the end of the swimming pool. This process is called "tapping" and is performed by a "tapper".

Classification System

Swimmers are grouped in 14 classes defined by the degree of their ability or the nature of their impairment:

- Class 1-10:** Athletes with a physical impairment
- Class 11-13:** Athletes with a visual impairment
- Class 14:** Athletes with an intellectual impairment

Paralympic Swimming - With 600 swimmers competing in nearly 150 medal events across 10 days in the new Aquatics Centre, the Swimming competition at the Paralympic Games promises plenty of excitement



Classifications.....

Athletes are categorised S1 to S14 according to their disability and how that affects their ability in the water

Physical impairments							Visual impairments			Learning disabilities			
Severe impairment							Less impairment						
S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14

ZAGREB PARA SWIMMING OPEN CHAMPIONSHIP 2021

[HTTPS://WWW.YOUTUBE.COM/SHORTS/YRLWIZYRMJU](https://www.youtube.com/shorts/YRLWIZYRMJU)

ZAGREB PARA SWIMMING OPEN CHAMPIONSHIP 2022

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=IOXHJ_U70Fo&t=86s](https://www.youtube.com/watch?v=IOXHJ_U70Fo&t=86s)

4.3.2 VIRTUS

[HTTPS://WWW.VIRTUS.SPORT](https://www.virtus.sport)

Virtus World Intellectual Impairment Sport, “Virtus” is the brand name of the International Federation for athletes with intellectual impairment and is a founding member of the International Paralympic Committee.

Formed in 1986, Virtus (formerly INAS) has grown from 14 members to a membership of more than 500,000 athletes from more than 90 nations across the world throughout Europe, Africa, Asia, North and South/Central America and Oceania.

In 2020, the Virtus sports programme included 15 annual events across both summer and winter sports with more than 7,000 athletes registered to compete at an international level.

Virtus is the recognised International Organisation of Sport for people with a Disability (IOSD), governing the eligibility of athletes with an intellectual impairment, elite competition and sport development. Over the next decade to 2030, Virtus is committed to advocating inclusion in sport, and building elite pathways for more athletes with an intellectual impairment to compete at the highest levels of international sport. Virtus now has its sight on more involvement in the Paralympic movement at Tokyo, Paris 2024, LA 2028 and beyond – through the quadrennial Virtus Global Games held in the year prior to each Paralympic Games.

4.3.3 VIRTUS SWIMMING

Swimming is one of the world’s most popular sports for athletes with an intellectual impairment.

Virtus provides a full programme of strokes and long course distances at the world and regional Championships and the Virtus Global Games.

Swimming is also on the Paralympic programme, with a number of medal events on offer for athletes who compete in the S14 classification.

Swimming has been on the Virtus programme since the first ‘World Games for Athletes with an Intellectual Disability’ were held in Härnösand, Sweden, in 1989. It has consistently been an extremely popular sport due to the accessibility of pools in most countries.

The first swimming events for athletes with an intellectual impairment were held at Sydney 2000 Paralympic Games.

World Championships have been held by Virtus since 2004, with a variety of smaller competitions and regional Championships held or sanctioned every year. Swimming is one of the sports contested at the Virtus Global Games, held every four years.

In 2017 the World Championships in Aguascalientes, Mexico, were the first to feature two new trial eligibility groups. These were for athletes with Down’s syndrome and autism.

Rules and Regulations

Virtus competitions are run according to the [WORLD PARA SWIMMING](#) rules and regulations.

Lucija Mijolović from (SC Zadar) and Marija Pinjuh (SC Natator). Marija is a medal winner at the VIRTUS Games.



4.3.4 European Para Youth Games

[HTTPS://WWW.EUROPARALYMPIC.ORG/GAMES-EVENTS](https://www.europaralympic.org/games-events)

The European Para Youth Games is an international, competitive, multi-sport competition for athletes with a disability that reflects the highest standards of athletic excellence, Paralympic values and diversity. The goal of the Youth Regional Programme is to provide exciting and inspiring events, as well as to help develop the Paralympic Movement and encourage younger athletes to do Paralympic Sport to achieve competitive excellence while engaging and entertaining spectators.

1st EPYG	2011	Brno, Czech Republic
2nd EPYG	2012	Brno, Czech Republic
3rd EPYG	2015	Varazdin, Croatia
4th EPYG	2017	Genova, Italy
5th EPYG	2019	Pajulahti, Finland
1st ERYG WINTER	2020	Poland
6th EPYG	2022	Pajulahti, Finland



Croatians: Emma Mečić and Marija Badrov, medal winners from EPYG 2022 in Finland

4.4 SPECIAL OLYMPICS

[HTTPS://WWW.SPECIALOLYMPICS.ORG/](https://www.specialolympics.org/)

Special Olympics supports over 5 million athletes, 1 million coaches and volunteers, more than 100,000 competitions each year, and 32 Olympic-type sports through programmes in more than 170 countries.

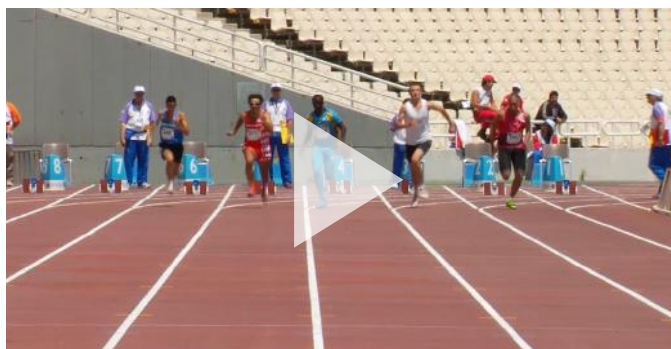
Special Olympics sports competitions are based on the idea that athletes of all abilities should be given an equal chance of succeeding, whether it is a personal best or a gold medal.



Slovenian swimming team in Special Olympics in Abu Dhabi 2019; swimmer Anja Golcerand and coach Katarina Praznik

DIVISIONING

The fundamental difference between Special Olympics competitions and those of other sports organizations is that athletes of all ability levels are encouraged to participate, and every athlete is recognized for his/her performance. Competitions are structured so that athletes compete with other athletes of similar ability in equitable divisions.



SWIMMING COACH GUIDE

[HTTPS://READ.NXTBOOK.COM/SPECIAL_OLYMPICS/GUIDE_BOOKS/SWIMMING_COACHING_GUIDE_2020/COVER_SWIMMING_COACHING_GUIDE.HTML](https://read.nxtbook.com/special_olympics/guide_books/swimming_coaching_guide_2020/cover_swimming_coaching_guide.html)

SWIMMING SPORT ROLES

[HTTPS://MEDIA.SPECIALOLYMPICS.ORG/RESOURCES/SPORTS-ESSENTIALS/SPORT-RULES/SPORTS-ESSENTIALS-SWIMMING-RULES-2020-V2.PDF?_GA=2.124127881.266416223.1594128093-878802789.1564561385](https://media.specialolympics.org/resources/sports-essentials/sport-rules/sports-essentials-swimming-rules-2020-v2.pdf?_GA=2.124127881.266416223.1594128093-878802789.1564561385)



Alen Šoštar (Velenje Swimming Club) won medals in Special Olympics in Abu Dhabi in 2019

4.5 DSISO

The Down Syndrome International Swimming Organisation (DSISO) was created to provide swimmers with Down Syndrome the opportunity to swim at world class level through its World Championships held every two years.

A competitor is eligible to compete if they have been classified according to the World Health Organisation (WHO) as Down Syndrome (DS). All swimmers must submit the result of blood tests confirming the type of Down Syndrome with their application for registration with DSISO. Both DS Trisomy 21 and Mosaic DS are eligible to enter World Championships. Competitions for both DS Trisomy 21 and Mosaic DS may take place concurrently, but when applicable, prizes will be awarded separately. Athletes must be 13 years or over on the first day of the competition.

DSISO World Championships will take place every 2 years but will alternate as Short Course (25) and Long Course (50m).



Alen Šošter (Veljenje Swimming Club, Slovenia)

4.6 DEAFLYMPICS

[HTTPS://WWW.DEAFLYMPICS.COM](https://www.deaflympics.com)

The International Committee of Sports for the Deaf (ICSD) is the main governing body responsible for the organization of Deaflympics and other World Deaf Championships.

The first games, known as the International Silent Games, were held in 1924 in Paris with athletes from nine (9) European nations participating.

Twenty three (23) Summer Games, have been held consistently at 4-year intervals since the initial Paris games. The only exceptions were the cancellation of 1943 and 1947 Games because of World War II.

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