



Paddles Swim School

Club Constitution:

PADDLES SWIM SCHOOL

Location: MyActive, Cheadle, Staffordshire, ST10 6AT

Preamble and evidence of need for the setting up of the Swim School:

It is widely accepted that regular involvement of people in sport and recreational activities leads to the improved health and social well-being of individuals and has wider social benefits which impact on family life and daily living experiences. For people with a disability (children and adults) the benefits can be wide ranging. The confidence gained by participating in sporting and recreational activities at any level can enable individuals to overcome some of the psychological problems and frustrations which they face on a daily basis as a result of their impairment.

Provision and opportunities to engage in a choice and range of sporting and leisure activities is frequently restricted for those with physical impairment. The mainstream environment can prove intimidating particularly for novice swimmers and non swimmers and there is an acute lack of locally accessed provision. Many parents of children with disabilities have to travel out of the local area to find accessible and appropriate sports provision.

Paddles will provide a community based swim school which can be easily accessed by young people with a disability from the local and surrounding areas.



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The overall aims of Paddles are:

- To encourage the regular involvement of young people with disabilities (swimmers and non-swimmers) to participate in a swimming environment
- To equip individuals with skills and techniques which in turn will increase confidence levels and contribute to the wider health benefits associated with regular sports participation
- To provide appropriate levels of support to enable an individual's personal development
- To introduce swimmers to competitions through Special Olympics or Swim England
- To provide a focus and purpose for children and young adults with disabilities
- To influence partnerships with different aspects of our community (schools, local authorities and clubs)
- To provide opportunities for social networking and greater social interaction.

Core aims:

- Young people with a disability acquire the skills and confidence to enable them to enjoy regular and sustained involvement in swimming lessons at a fun, recreational level
- Young people with a disability are equipped and confident to join in swimming lessons in mainstream environments and clubs
- Young people with a disability have a choice to progress and are encouraged to partake in competitive swimming programmes
- A local workforce is developed to support the ongoing operating and maintenance of the swim school and the training received will enable individuals to transfer these skills and knowledge to external environments
- Shape and influence local services for sport and sports provision for people with a disability



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In order to achieve our core aims we will:

- Establish and facilitate a community based swimming school
- Identify coaches and ensure specialist tuition is provided by appropriately qualified and DBS checked tutors with a minimum level 2 NGB qualification
- Organise and plan for structured and safe sessions. These will include fun activities and varied programmes which ensure the engagement of all participants and supporters of every level of ability
- Recruit, check and train volunteers (parents, support workers, coaches and development workers) to learn alongside qualified tutors and assist in the operating of the swimming lessons
- Recruit volunteers to assist in the development and management of the community based swim school and help to develop an extended social programme
- Produce written training materials to support the training needs of volunteers and professional volunteers
- Develop community based links and networks
- Produce governance tools in written formats

Session Plans (detailed and technical)

Marketing Plan (building links with local community, schools, colleges and build website)

Governance documents (constitution, vetting and barring procedures,

Financial procedure (defining expenses, fees, banking arrangements etc) roles - definition of responsibility of staff, treasurer, volunteers), risk assessment, complaints, accident reporting procedure)

Member's registration document

Fundraising Plan and Reserves Policy

- Arrange adequate levels of insurance provision (public liability)
- Constitution with "non for profit" statement and charitable dissolution clause



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How we will achieve the objectives:

- A weekly term time swimming school to be established and held at MyActive, Cheadle- Saturdays from 2.00 pm to 4:00pm
- 2 appropriately trained and Swim England accredited coaches identified to set up and run club and 2 further possible individuals identified. Minimum of 2 coaches to run sessions at any given time.
- Session plans developed
- Recruitment campaign to enlist additional support
- Advertisements for volunteering opportunities to be advertised on website and in local outlets (e.g. libraries, school magazines, colleges, Leisure and Community Centre notice boards)
- Written materials to be produced by Coaches, adapting materials already in existence
- Governance documents to be prepared in readiness of the first session of the Club
- Member's Registration Forms to be prepared in readiness of the first session of the Club
- Insurance cover arranged

Outcomes:

- The swim school will have a significant impact on the everyday lives of young people with a disability and nurture a lifelong interest in the sport. This will be measured by tracking individual's progress in sessions and identifying their involvement in wider activities.
- The swim school will enable a significant increase in the numbers of physically and disadvantaged people regularly participating in healthy activities
- A number of participants gaining water confidence and learning new skills
- A number of participants entering our annual gala



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- It will assist individuals to overcome the psychological problems and frustrations experienced as a result of their impairment and will reduce their feelings of isolation.
- Some indication will be measured of the noticeable effects on individual's perceptions of themselves, their increased confidence and ability to make friends and socialise.
- Case histories of individuals who have been signposted to other clubs and activities
- The swim school will facilitate the growth of structured community groups: strengthened partnerships and links with different strands of the community (eg the health sector)
- A number of volunteers trained in various roles
- Case histories of individuals who are transferring the skills learnt and utilising them to support other people with disabilities.
- The sport will be brought within accessible geographical reach for many for whom transportation and traditional sporting environments are current barriers to participation
- 39+ number of sessions run annually
- 1 x gala run annually

Anna Lavan