

Top tips for deaf-friendly swimming

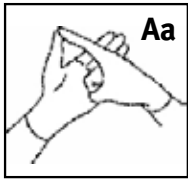
Do

- ✓ Ask the child or young person how you should communicate with them.
- ✓ Make sure you have everyone's attention before speaking – try waving or stopping to get everyone's attention.
- ✓ Limit distractions! Move to a quieter part of the pool to explain things or brief children poolside when they can wear their hearing aids or cochlear implants.
- ✓ Speak clearly and naturally.
- ✓ Ensure the pool is well lit and any light is shining on your face (not behind you).
- ✓ Stand in one place and keep eye contact while talking (this might involve kneeling or sitting down).
- ✓ Use visual aids to help understanding – including directional lane boards, photos, pictures or video.
- ✓ Use gestures and demonstrations.
- ✓ Make the topic really clear and stick to the point.
- ✓ Ask the child or young person to repeat what you have said to check they have understood.
- ✓ Allow time for questions and clarification.

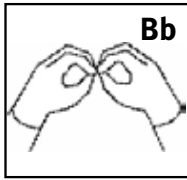
Don't

- ✗ Speak too slowly or shout! This will distort your lip patterns.
- ✗ Move around when you are talking – it will be very difficult to lipread.
- ✗ Cover up your mouth or talk with your whistle in your mouth.
- ✗ Give up. If stuck, try explaining in a different way, write it down or use pictures. Alternatively, get a competent swimmer to demonstrate for you.

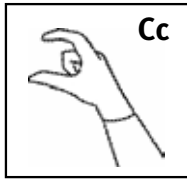
The British Fingerspelling alphabet



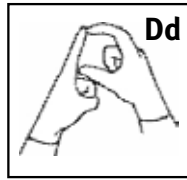
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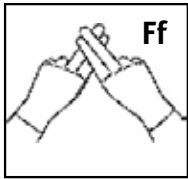
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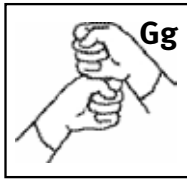
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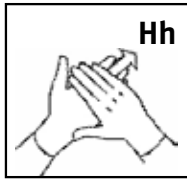
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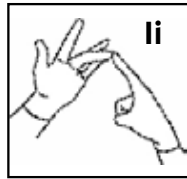
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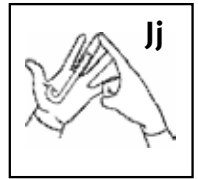
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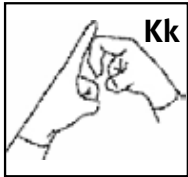
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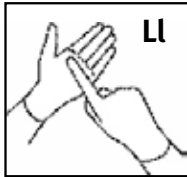
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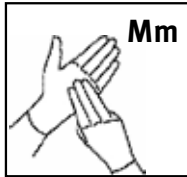
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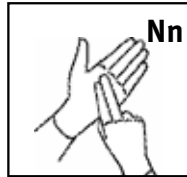
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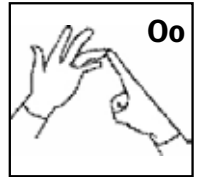
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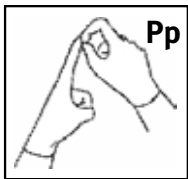
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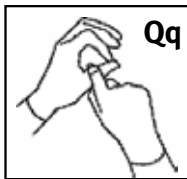
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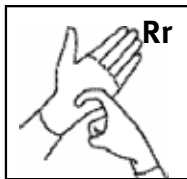
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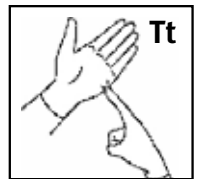
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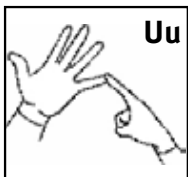
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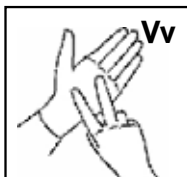
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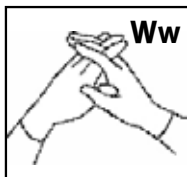
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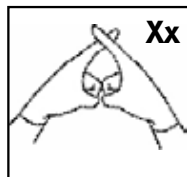
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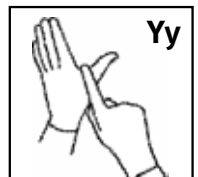
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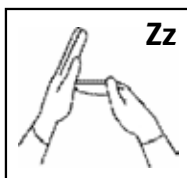
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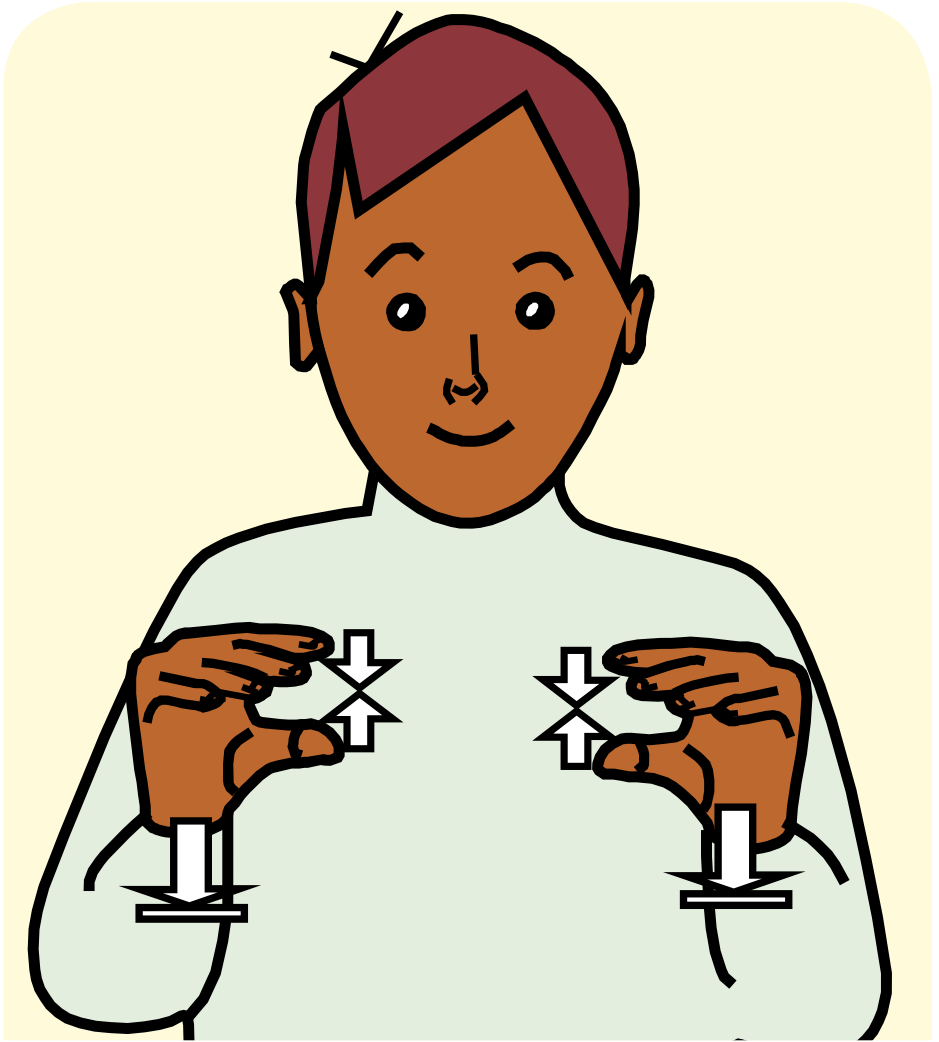
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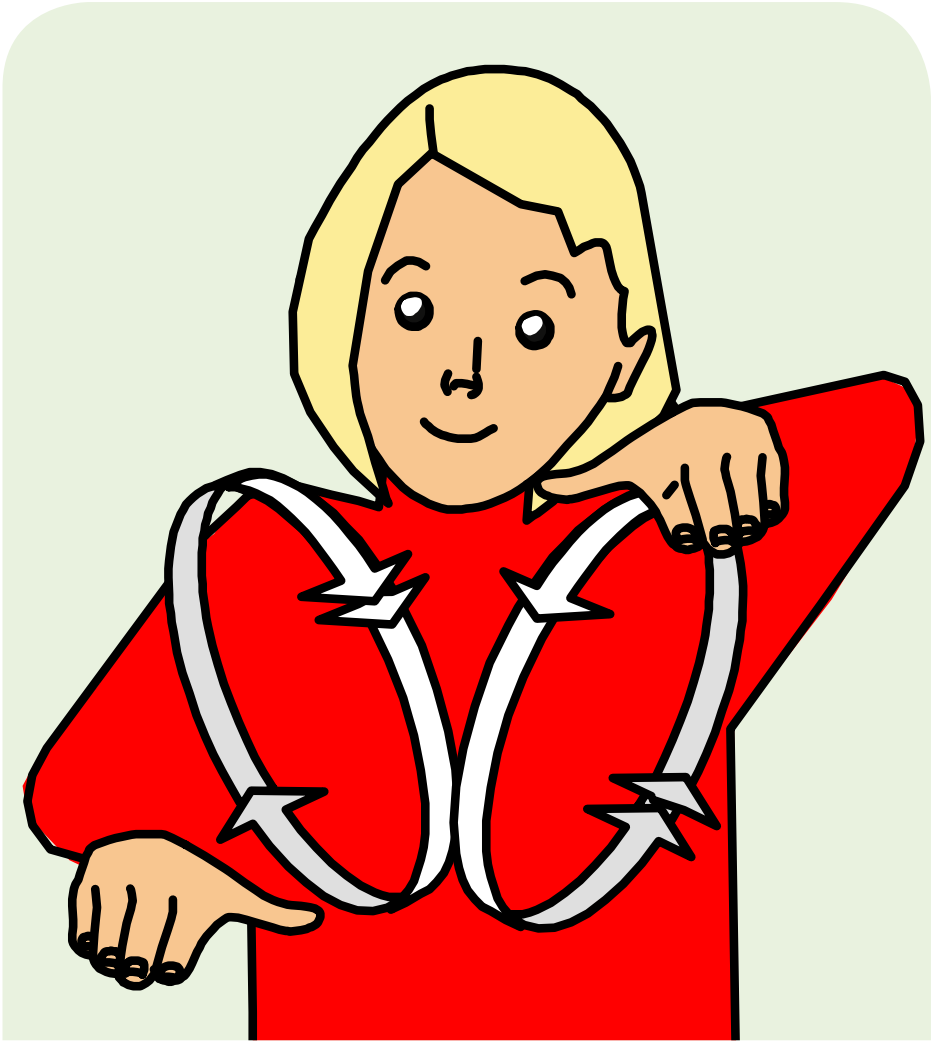
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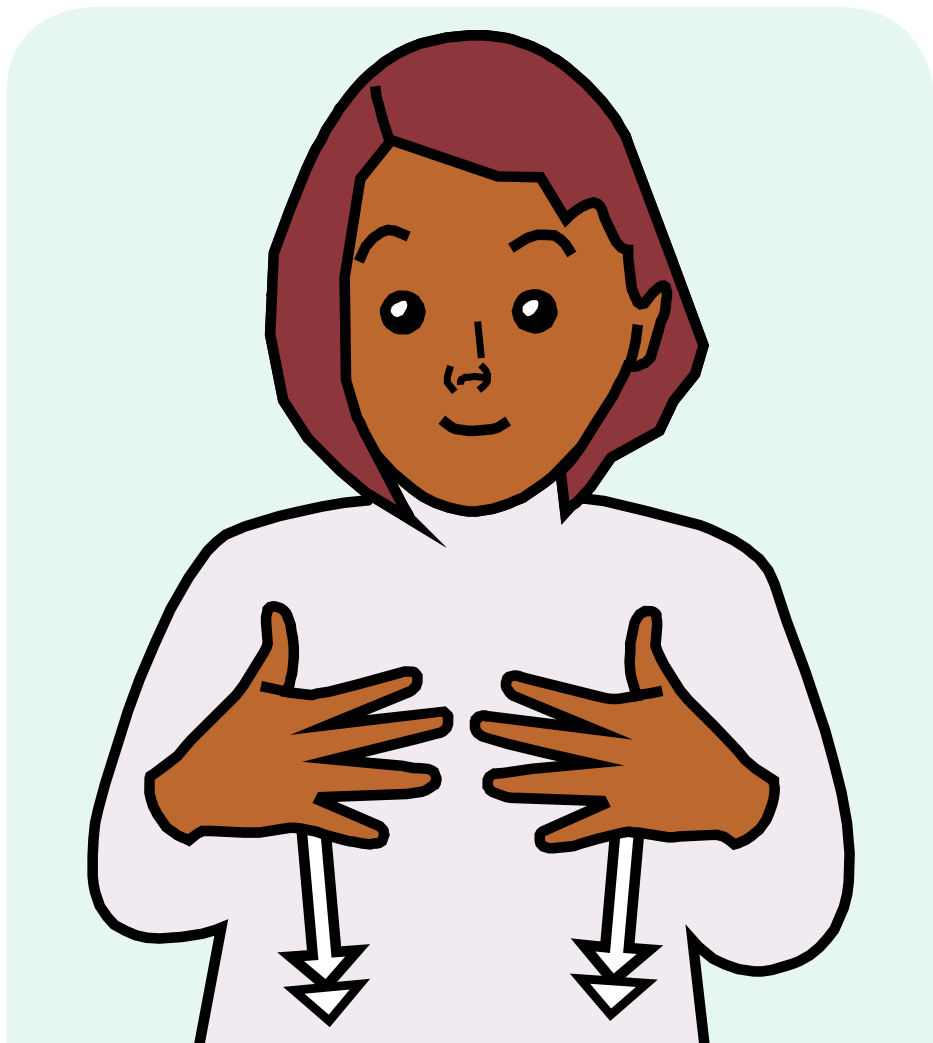


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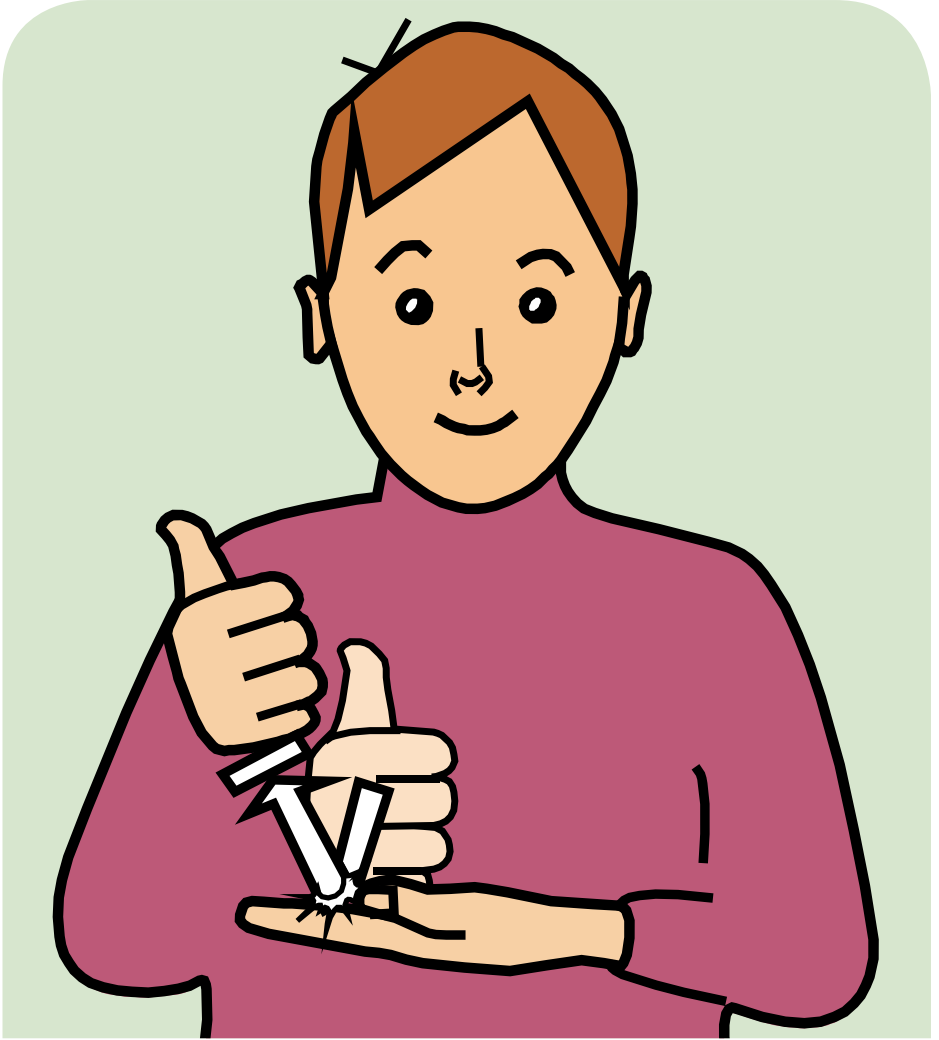
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Front crawl



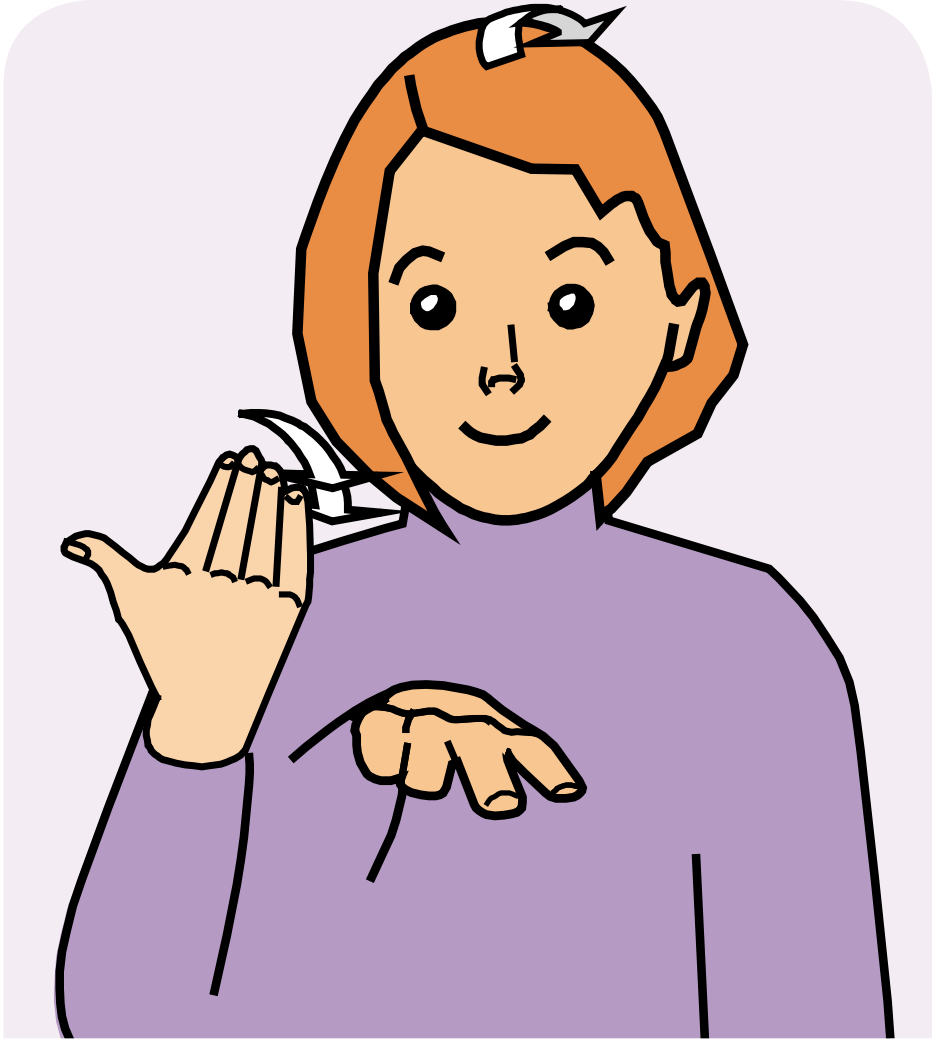
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Get changed



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Fantastic



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Back



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Blow bubbles



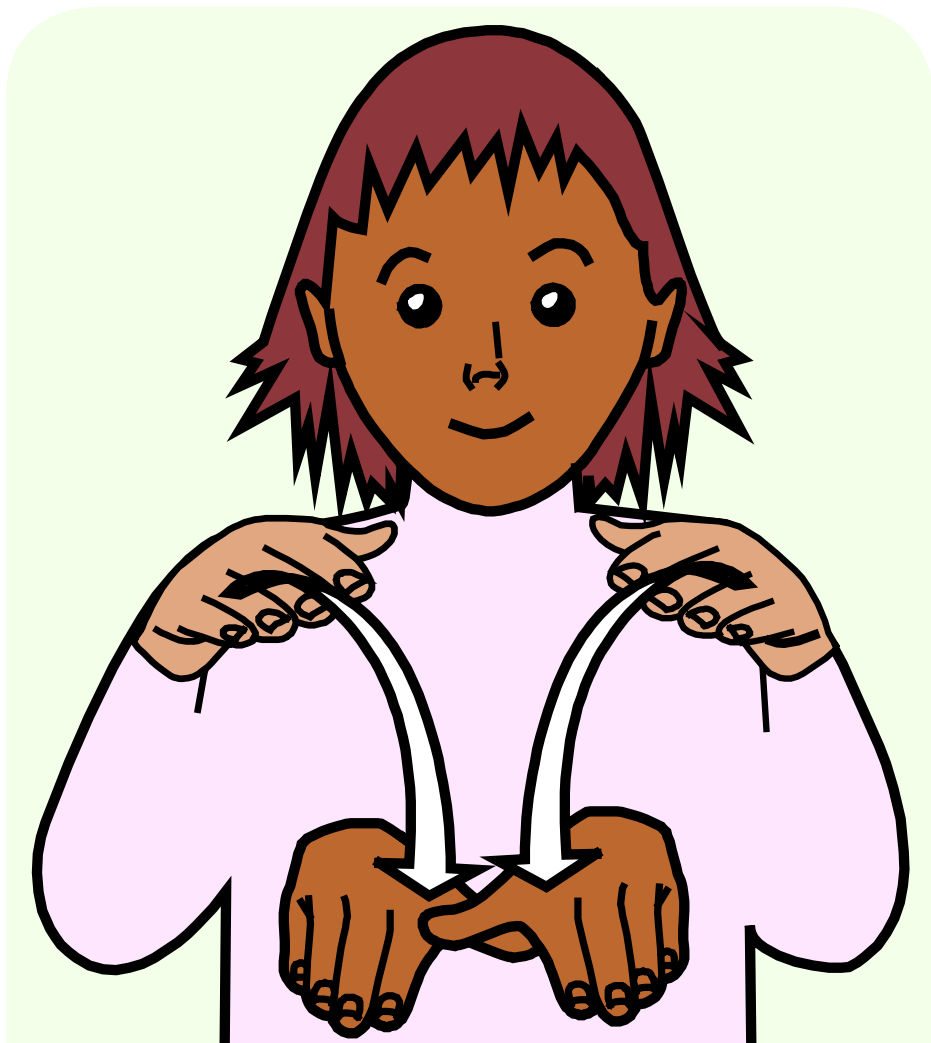
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Breaststroke



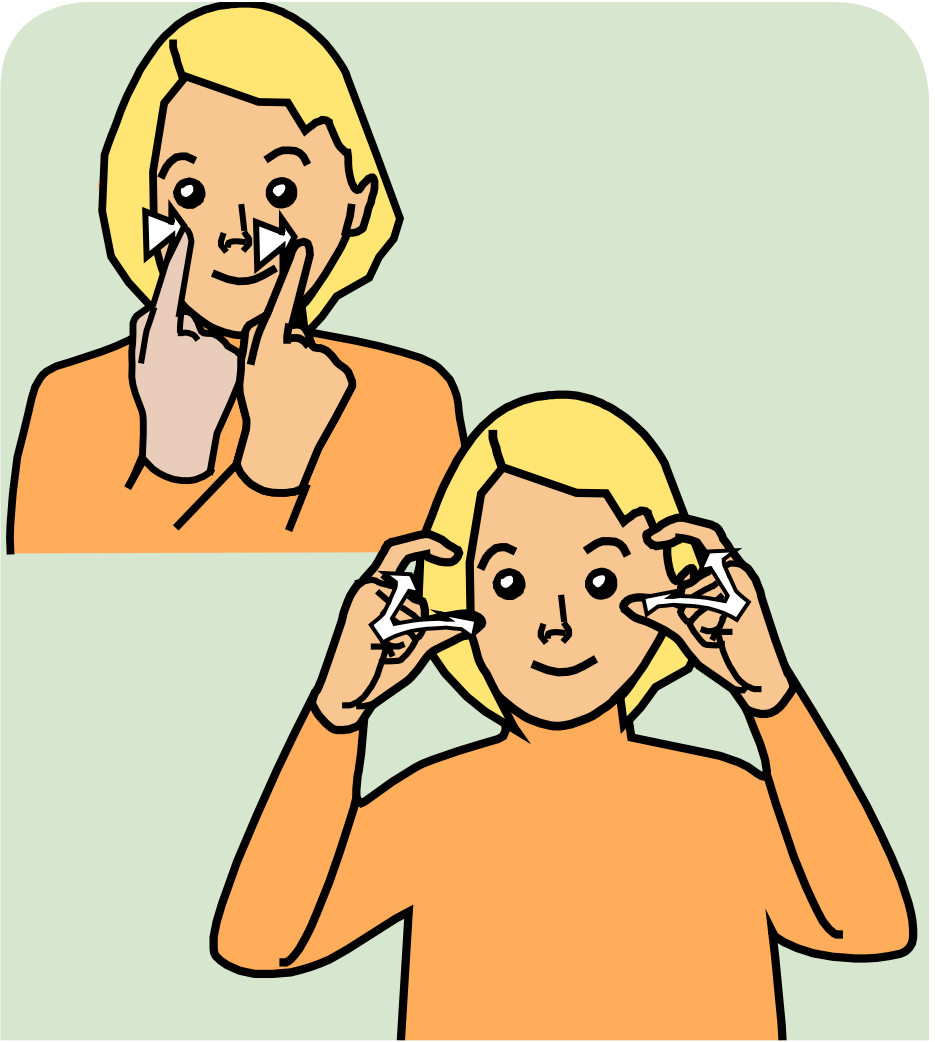
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Breathe



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Dive in



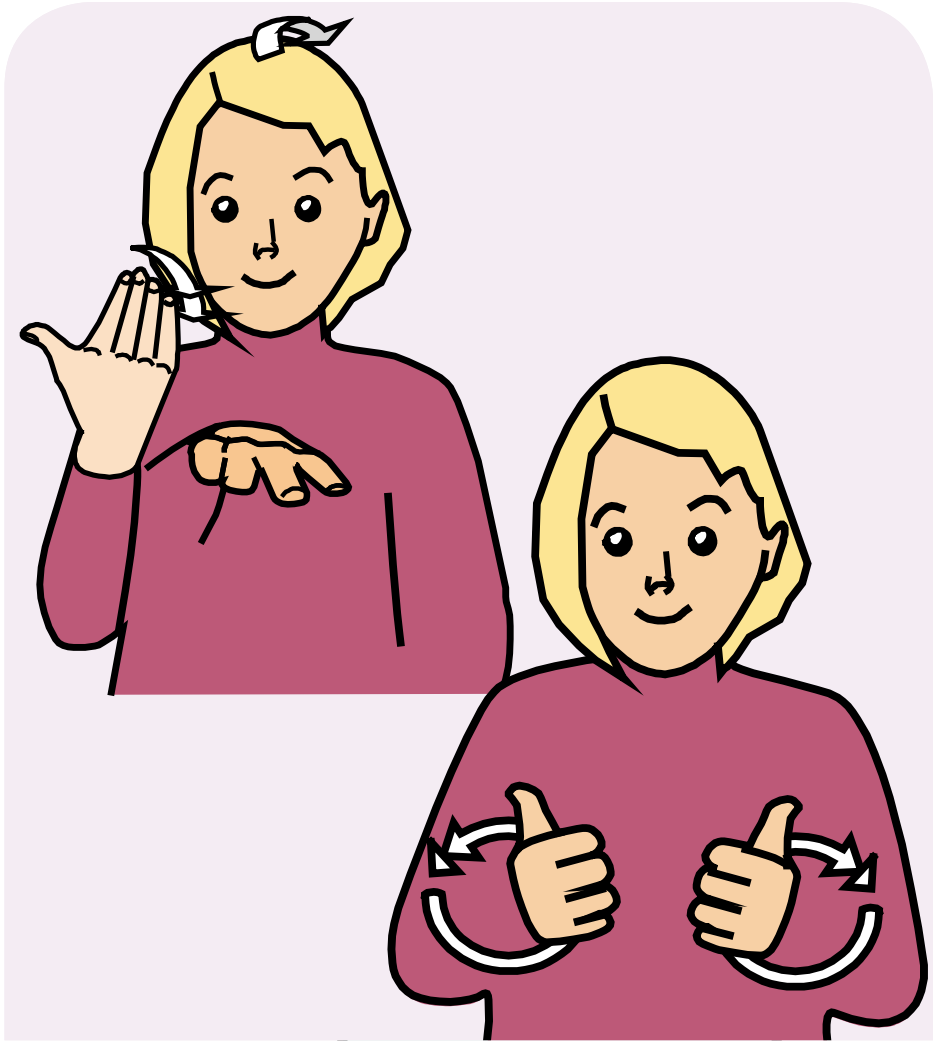
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Eyes open



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Face in



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Finish on back



Fire alarm



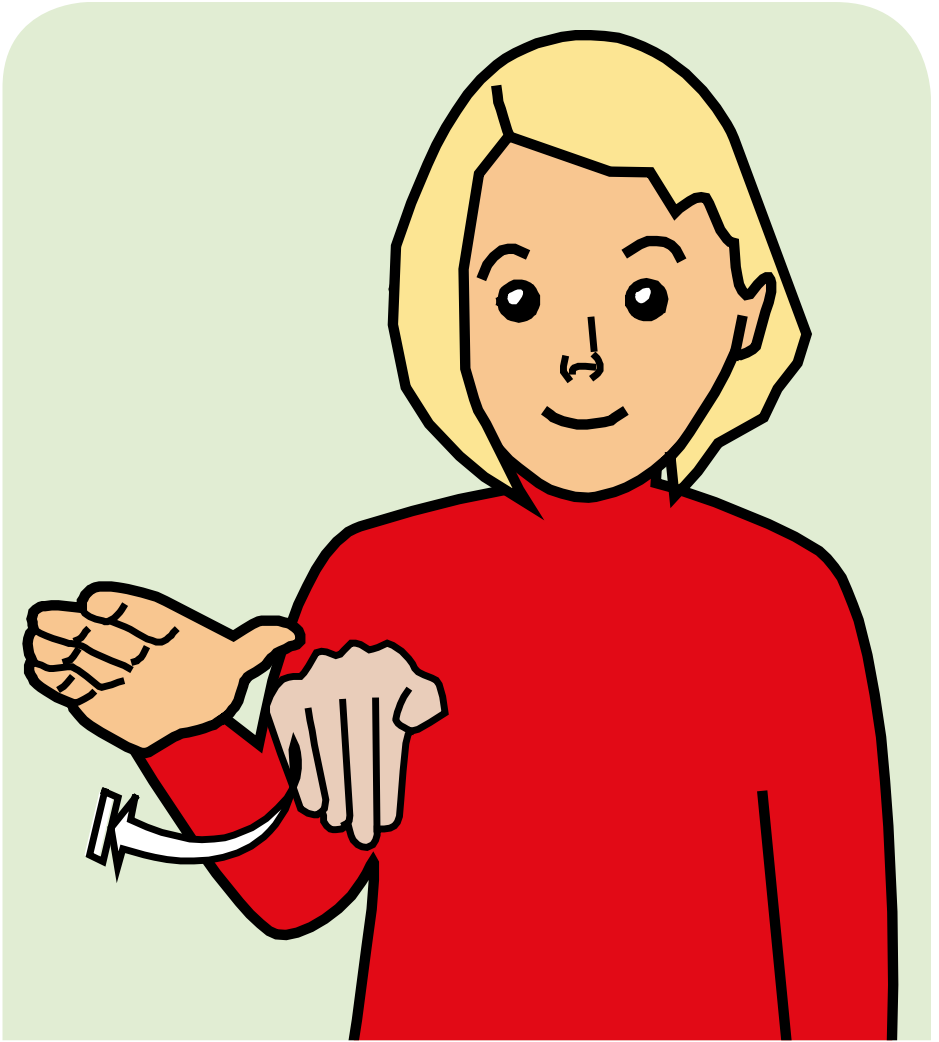
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Float

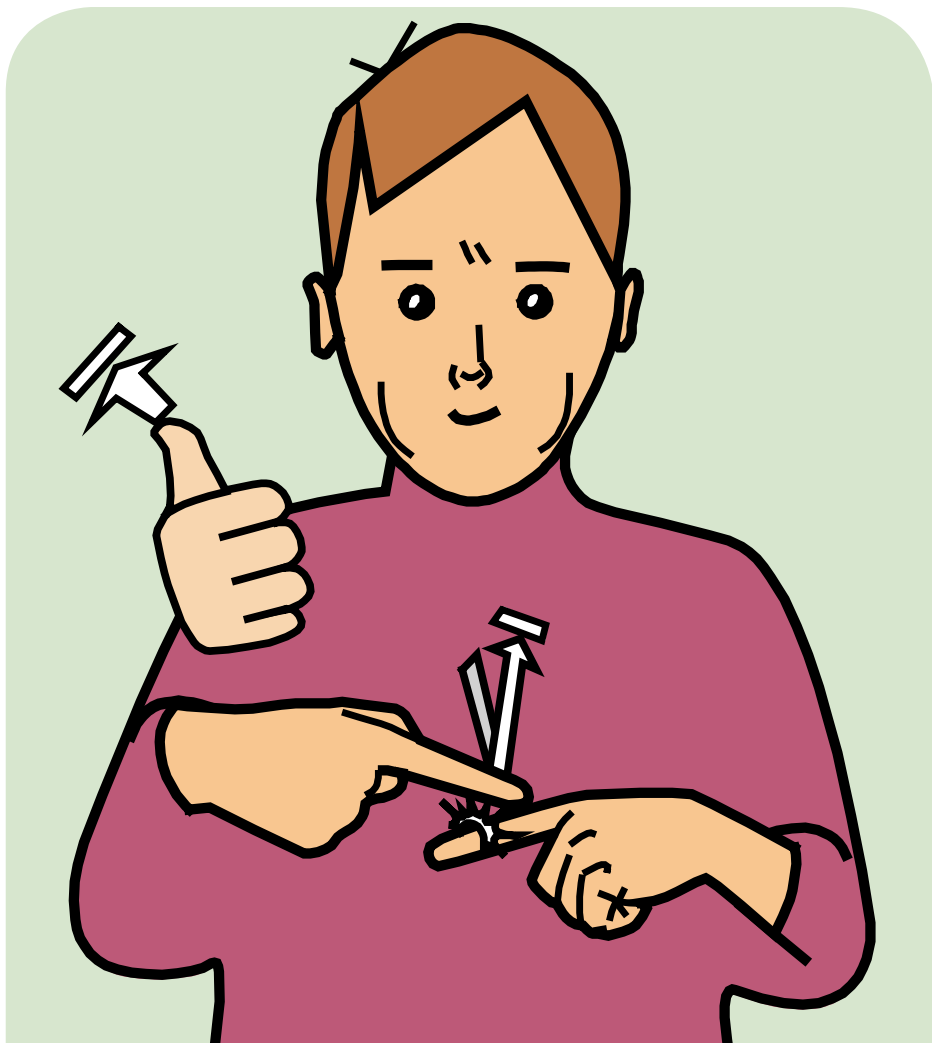


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Front

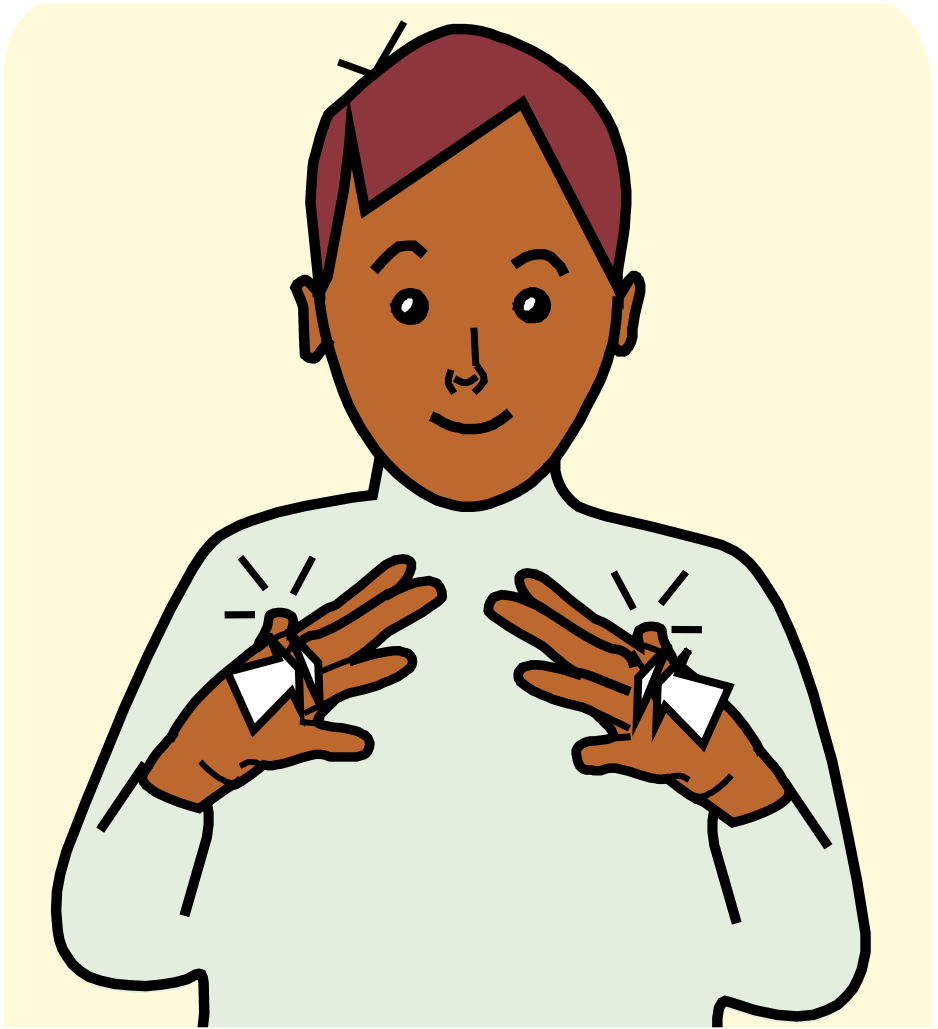


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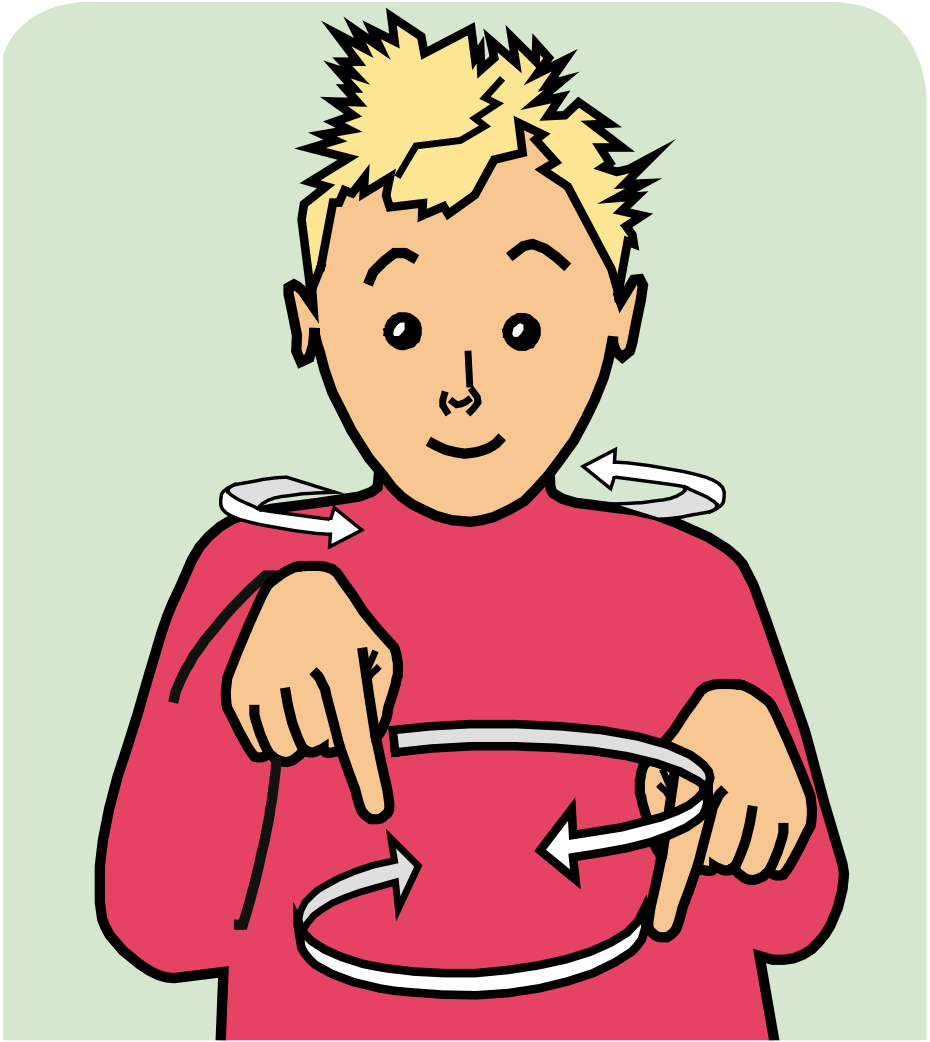
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Out quick



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Ready



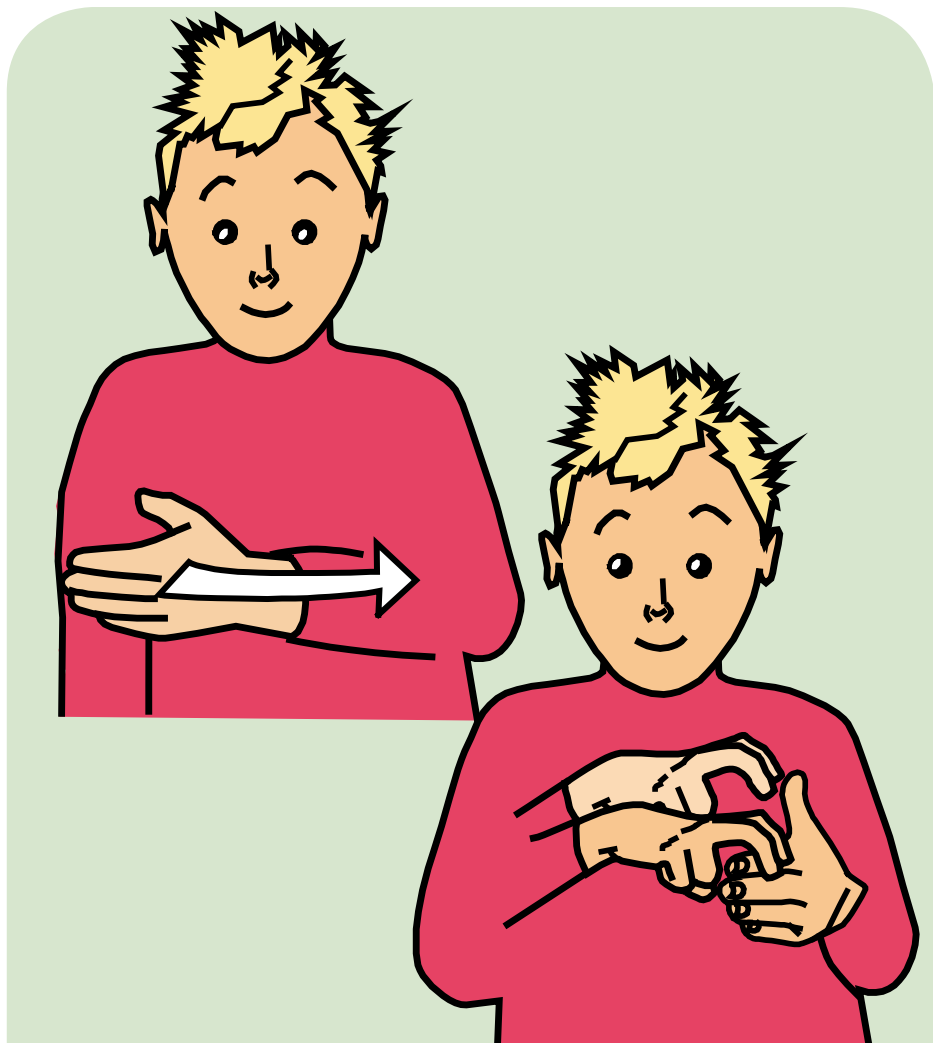
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Rotate



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Shower



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Sit down on the side



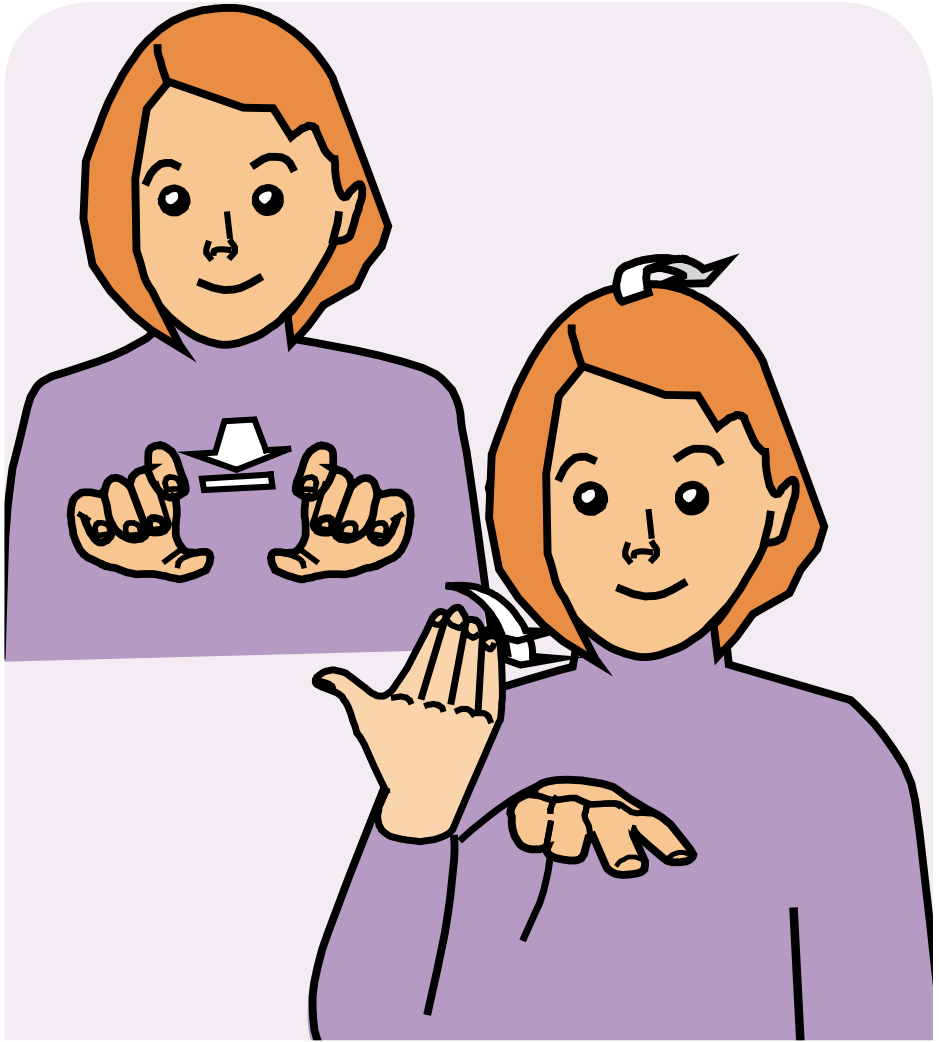
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Sit



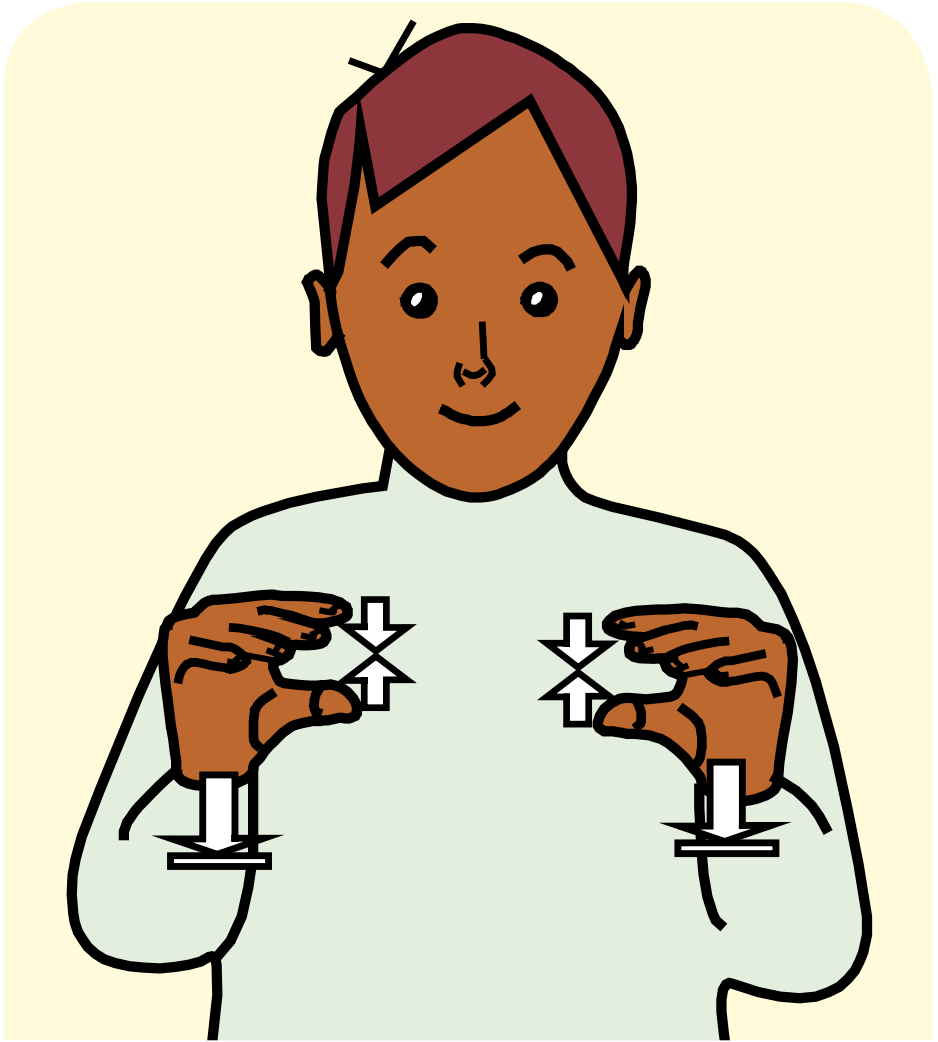
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Stand



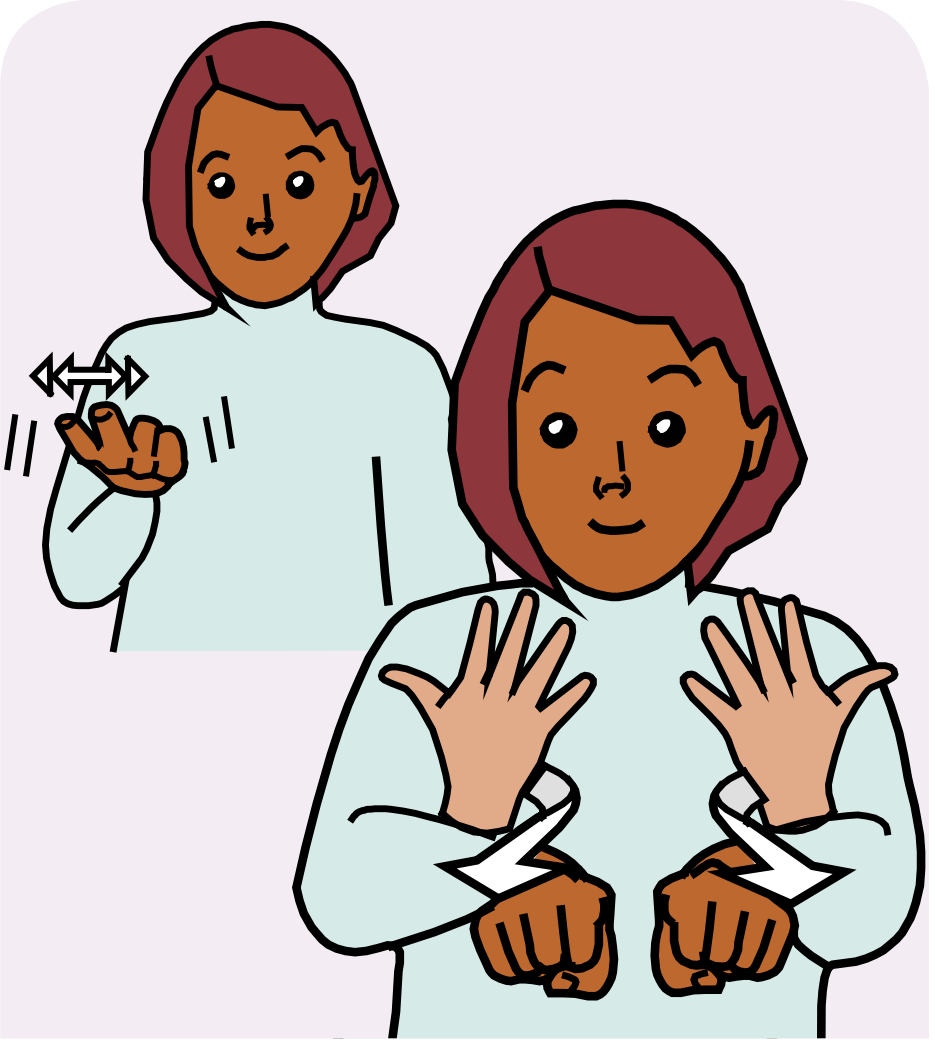
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Stay on back



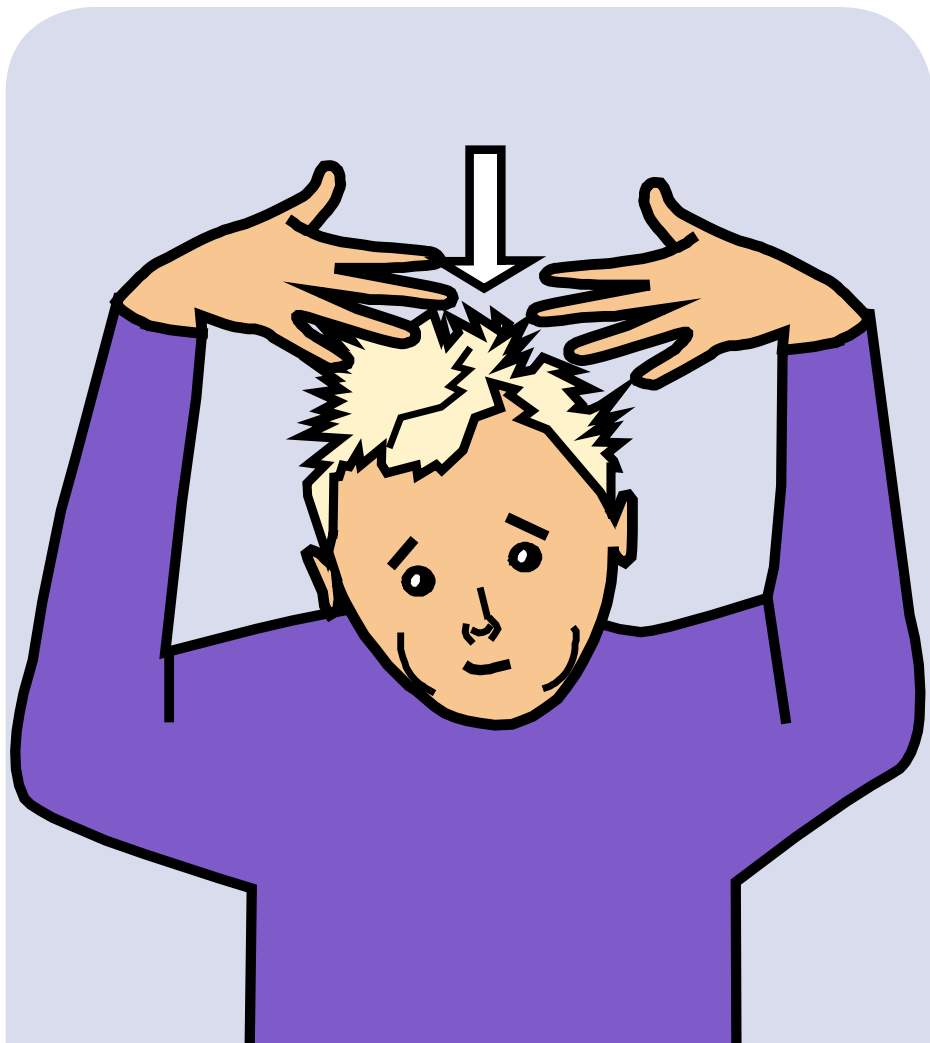
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Stop



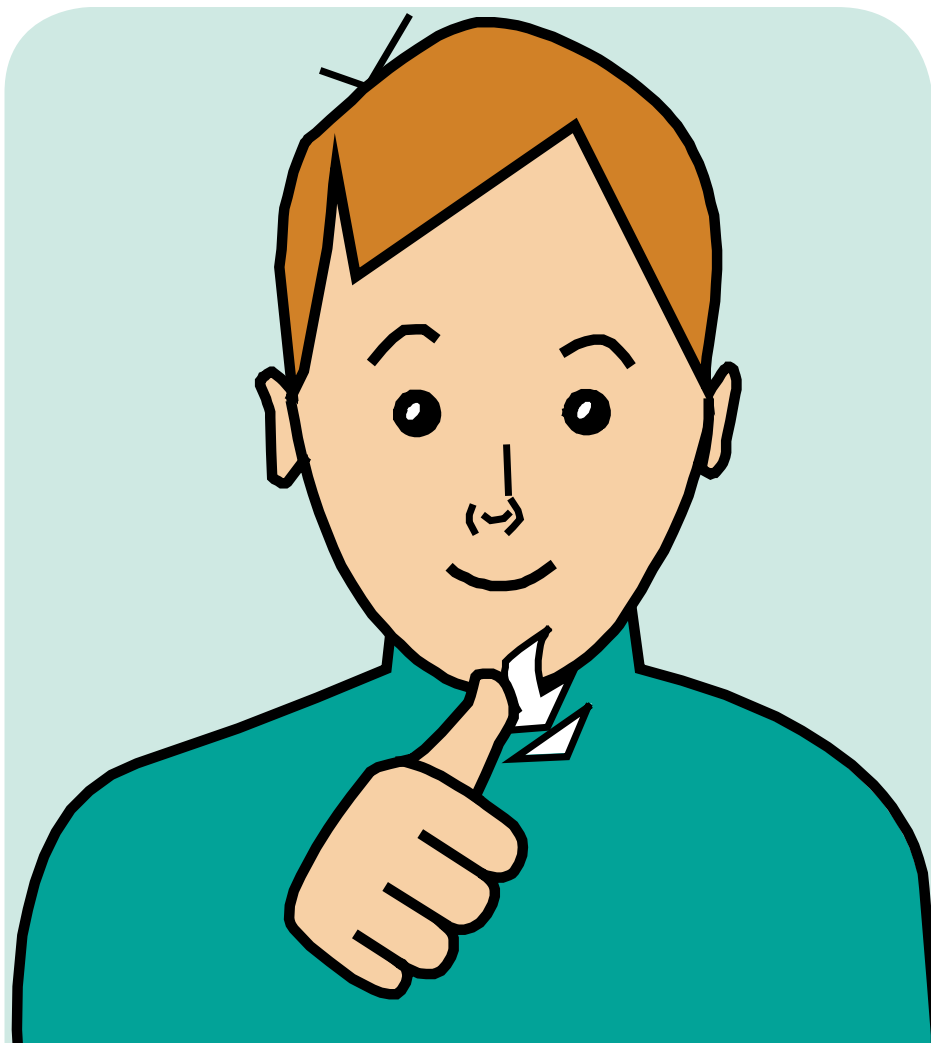
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Two hand touch



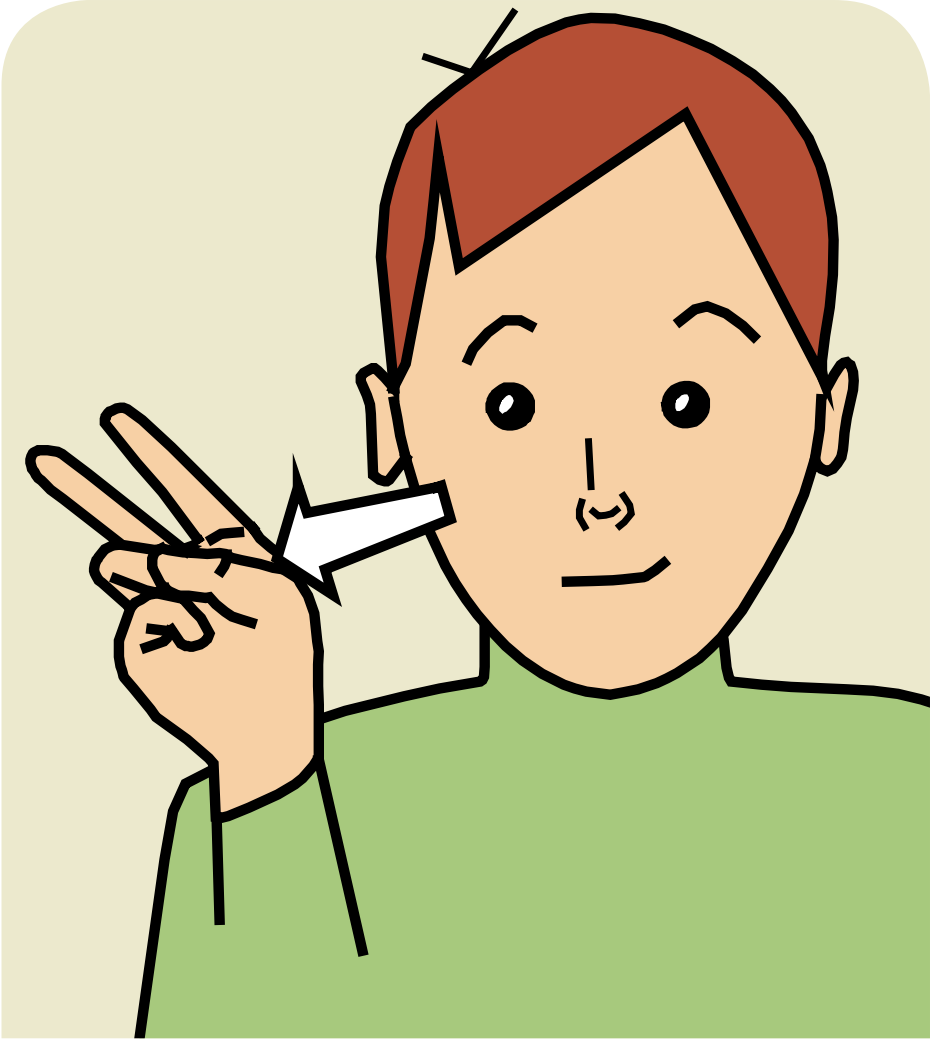
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Underwater



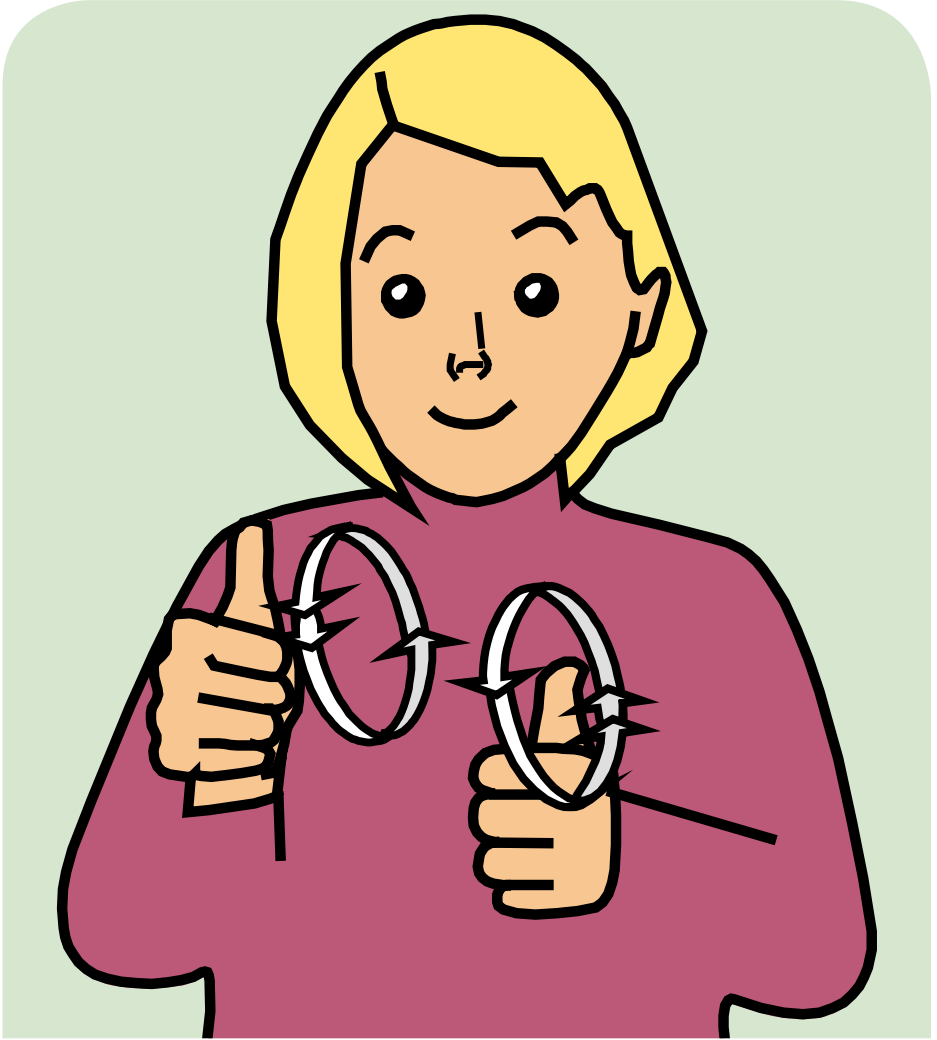
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Use



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Watch



Well done