

Teaching Aquatics to Youth with Visual Impairments and Additional Disabilities

Lauren J. Lieberman

Distinguished Service Professor

SUNY Brockport

llieberman@Brockport.edu



Institute on Movement Studies for Individuals with Visual Impairments

- Programming
- Leadership
- Education
- Research

- See
www.brockport.edu/MSVI



**Institute of Movement Studies for
Individuals with Visual Impairments**



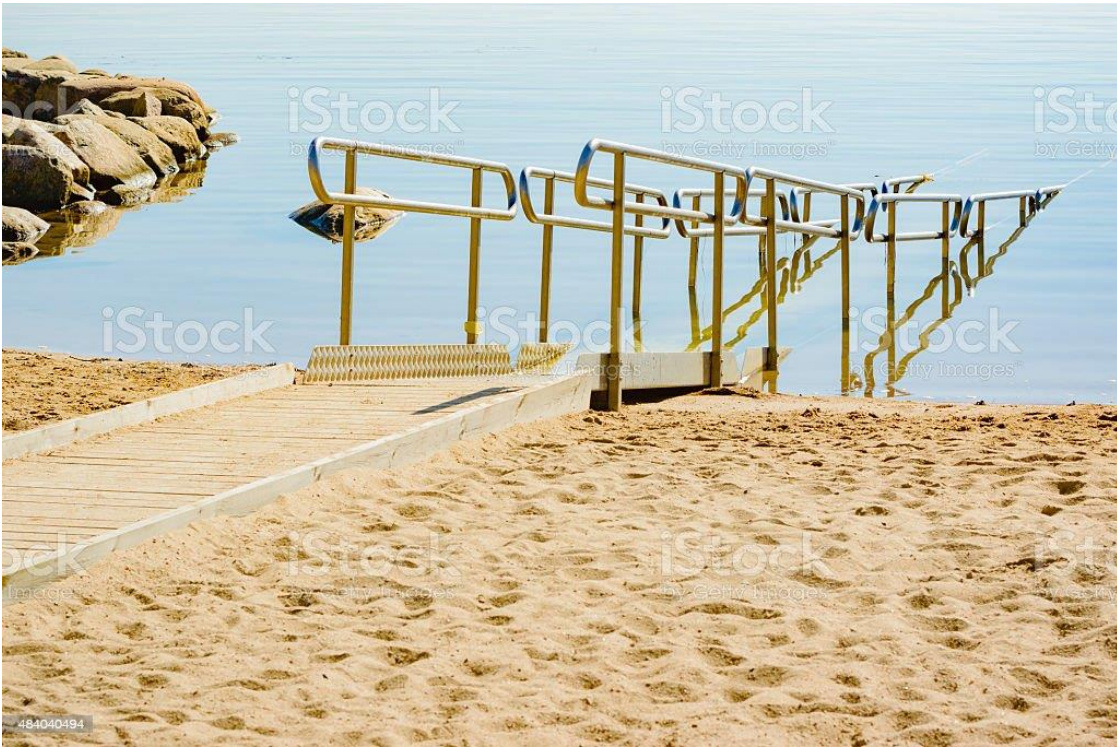
This presentation

- Benefits of aquatics
- Transfers
- Pre-teaching in the pool
- Positioning
- Foundational swim skills
- Game skills and group games
- Seizures
- Resources



Transfers

- Hoyer lift
- 0 entry
- Up and down transfers
- Side by side transfer
- Pivot transfer



Pool tips

- Swim diapers must be worn in the pool
- Therapeutic temperature is best at 84-92 degrees
- 1:1 is best for instruction
- Assistants must be trained see Starfish Aquatics for certifications
- Assessment is key




Pre-teaching

- Show pathway from the locker to the pool
- Where to leave towel consistently
- Learn the ladder/lift and how to get in and out
- Learn all flotation devices and how they work
- Understand all pool equipment such as dumbbells, Balls, ducky's, hula hoops, ping pong balls, and toys
- Share who is in the pool





Water orientation

- Students may be fearful of the pool. Be patient and persuasive
 - Gently guide; do not force the child into the pool
 - Explain everything in a calm, sympathetic, matter-of-fact voice – “ok, it’s time to get into the pool”
 - Progress from step to step gradually
 - Create entry and exit routines
- 

Positioning

- Hands under mid section prone & supine
- Head on shoulders face up hands supporting under hips
- Chin on shoulders face toward you
- Holding on to a kick board with hands or hands and chest
- Child standing holding on to the wall
- These positions with or without life jacket

Positioning



Breathing

- Blowing bubbles
- Blow ping pong balls
- Blow through a straw



Floating

- Lay on multiple noodles take away one at a time
- Hold onto the wall (2 hands, 1 hand, no hands)
- Lay on kickboard
- Hold onto kickboard out front
- Time them
- Let them use goggles to locate objects on floor (rings, colorful objects, etc)



Kicking

- Hold on to wall
- Hold on to kickboard
- Kick a beach ball across pool
- Movement of a bicycle (front or back)
- Make waves with friends
- Hold on to the coach on front or back




Seizures in the pool

To prevent seizures - Avoid the following:

- Playing games of holding breath for “as long as you can”.
- Hyperventilating before underwater swimming
- Excessive drinking of pool water, which can lead to hyperhydration or hyponatremia.




Seizures in the pool

- Stay Calm! Alert somebody immediately
 - Keep the individual's face above the water
 - Maintain an open airway
 - Prevent injury by providing support with minimal amount of restraint.
 - Stand low in the water behind the individual's head
- 



Seizures in the pool

- Place the individual in a supine position
 - Support the individual under the armpits, shoulders, and head
 - Support is only needed to keep the participant's face out of the water, as unnecessary restraint may cause injury to both participant and rescuer.
 - Remove the person from the water when it is safe to do so.
- 

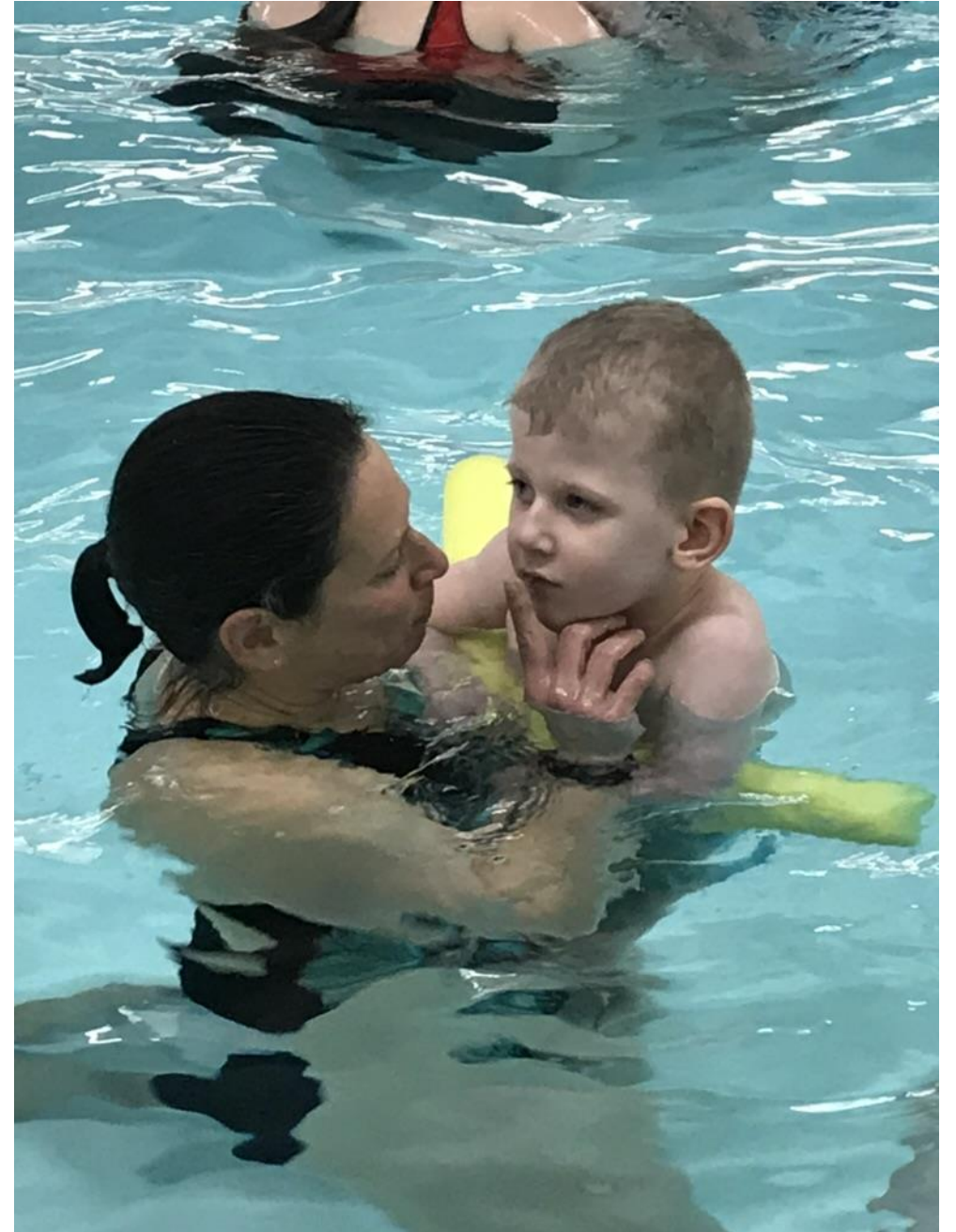


Resources

Books, Websites, Videos

Tip Sheets

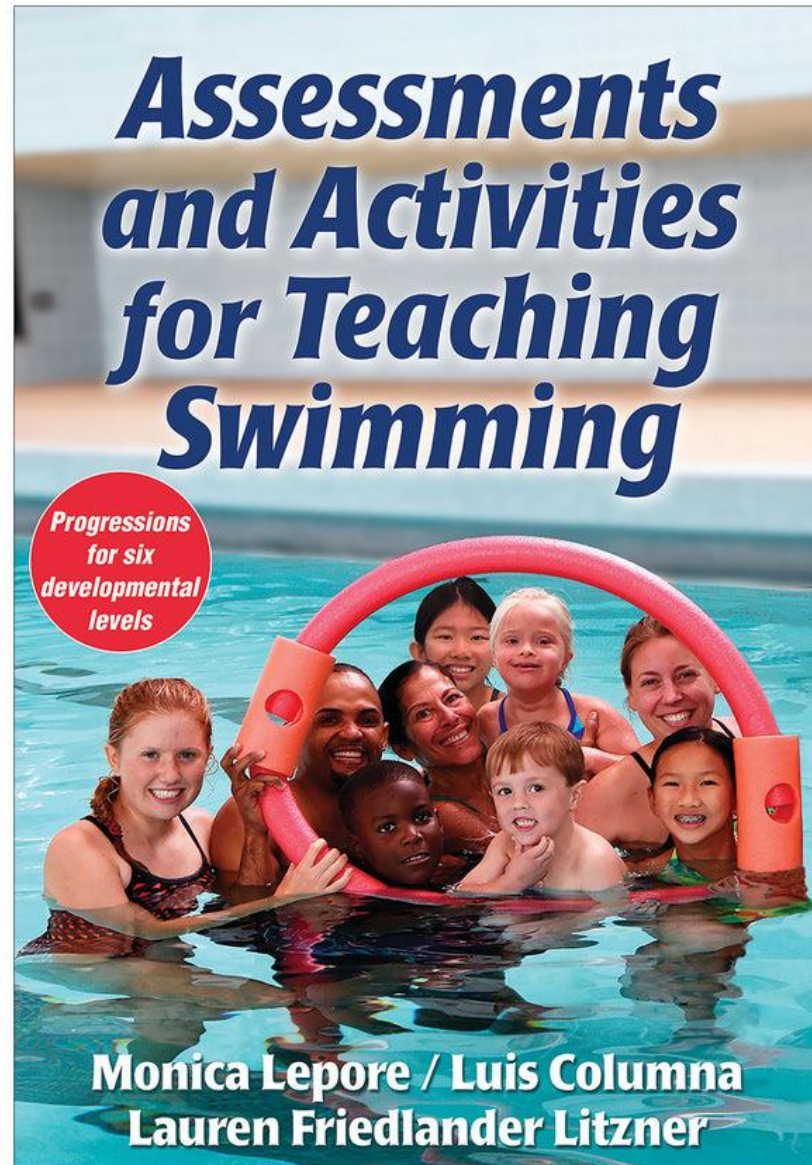
- Transfers
- Basic swim skills
- Flotation devices



Video

- www.campabilities.org
- Lavelle resources

Swimming Instructional E-Book



PHYSICAL EDUCATION FOR CHILDREN WITH MODERATE TO SEVERE DISABILITIES



Michelle Grenier
Lauren Lieberman
Editors

Physical Education for
Children with
Moderate and Severe
Disabilities

Gross Motor Development Curriculum



for Children With Visual Impairment

Lauren J. Lieberman and Pamela S. Haibach



Gross Motor Development Curriculum

Physical Education and Sports for People with Visual Impairments and Deafblindness: Foundations of Instruction

Lauren J. Lieberman, Paul E. Ponchillia,
and Susan V. Ponchillia



Physical
Education and
Sports for People
with Visual
Impairments and
Deafblindness



Inclusion in Physical Education & Paraeducators

- Strategies for Inclusion 3rd edition Human Kinetics
- Paraeducators in Physical Education Human Kinetics
- www.campabilities.org Instructional Materials
- <https://www.nchpad.org/1702/6814/Universal~Design~for~Learning~in~Physical~Education>

- [The American Printing House for the Blind](#)
 - Books, products, equipment, and videos
 - www.aph.org/pe
- Possibilities: Recreation Experiences of Individuals who are Deafblind www.aph.org/pe/stories
- Camp Abilities-educational sports camps for children who are visually impaired or deafblind
 - Includes videos and web sites for other camps around the world
 - www.campabilities.org (Instructional Materials & Lavelle Resources)
- Perkins School for the Blind
 - Videos and books about how to teach children who are deafblind
 - www.Perkins.org
- United States Association for Blind Athletes-sport opportunities, adaptations for sports, and videos
 - www.usaba.org

Contact

- Lauren Lieberman –
llieberman@brockport.edu

