



## **INDIANA SWIMMING INCLUSION POLICY FOR SWIMMERS WITH A DISABILITY**

I. USA Swimming Standards - In compliance with USA Swimming Rules and Regulations, Indiana Swimming desires to accommodate disabled swimmers. A disability is defined as a permanent physical or mental impairment that limits one or more major life activities.

### II. Indiana Swimming Administrative Standards

1. ISI welcomes all swimmers with a disability who wish to participate in ISI sanctioned meets.
2. Disabilities encompass the following major areas:
  - a. Hearing impairment
  - b. Visual impairment
  - c. Cognitive disabilities such as mental retardation, severe learning disabilities, or autism
  - d. Physical disabilities such as amputations, cerebral palsy, dwarfism, spinal injury, or other mobility impairments
3. Indiana Swimming member clubs are encouraged to include swimmers with a disability and are encouraged to make common-sense adjustments to their venues to accommodate the needs of athletes with a disability.
4. Accommodations during practices should be up to the discretion of the head coach. Examples of such accommodations are:
  - a. Allowing helpers as needed for the disabled swimmer.
  - b. Including the disabled swimmer in practices by the swimmer's ability rather than age.
  - c. The coach of the practice group should have the same expectations of the swimmer with a disability as the other swimmers in that group with respect to effort, attendance, and other aspects of work ethic.
  - d. The same principles of training/conditioning, biomechanics, and sport psychology apply to the swimmers with a disability as the other athletes.
5. Inclusion of swimmers with a disability in Indiana Swimming sanctioned meets. This policy applies only to swimmers with permanent disabilities as defined above by USA Swimming.
  - a. In all sanctioned non-time standard meets the Meet Referee/Meet Director, working with the coach of the disabled swimmer to ensure that no undue focus is placed on the swimmer during the meet, shall have the authority to accommodate the swimmer without substantial negative impact on the meet time line. Examples of such accommodations include:
    - 1) Allow the disabled swimmer to compete at a shorter distance, e.g. a 50-yard distance within a 100-yard event.

2) Seed the disabled swimmer by time rather than age; e.g., a 13-year-old disabled swimmer could be seeded in the 11-12 age group of the same event.

- b. The Meet Referee may make accommodations as described above (or others, as recommended by the Adapted Swimming Committee based upon the specific disability). Final seeding decisions rest with Meet Referee.
- c. Places and awards for disabled swimmers can only be earned in the swimmers actual event and/or age group. At the discretion of the meet host special awards may be given to disabled swimmers.
- d. For inclusion into Indiana Swimming Championship Meets please refer to the "Indiana Swimming Championship Meet Inclusion Procedure" policy.

***6. "Indiana Swimming and host clubs along with their Meet Referees are committed to the Indiana Swimming Inclusion Policy for Disability Swimmers. Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition."***