



ADAPTED SWIMMING

WHO CAN PLAY

Anyone with a permanent physical disability that can swim independently can compete in adapted swimming. Adapted swimming can be integrated into the school's existing swimming program with very few modifications.

OVERVIEW

The USA Swimming Rules & Regulations allow the referee to modify the rules for swimmers with disabilities in meets. Competition rules for athletes with disabilities would be the same as those for all athletes, unless the athlete's impairment doesn't allow the athlete to complete the stroke correctly.

RULE MODIFICATION EXAMPLES

- No modifications need to be made to pools or lanes
- A change in starting position
- Reassignment of lanes within a heat
- Allowing the swimmer to have a personal assistant (A personal assistant is not required to be a member of USA Swimming unless acting in a coaching capacity)
- Stroke/kick modifications

SAMPLE ADAPTIVE EQUIPMENT

Equipment for Athletes with a Visual Impairment



A

Image A: a "tapper" used by a coach to signal the need to turn
Image B: a sprinkler system to signal a turn without the coaches assistance



B

Additional equipment examples of fins or paddles that can be used to accommodate the athlete's impairment.*

*Please note: Paddles, fins, braces or tape are not allowed in competition.

