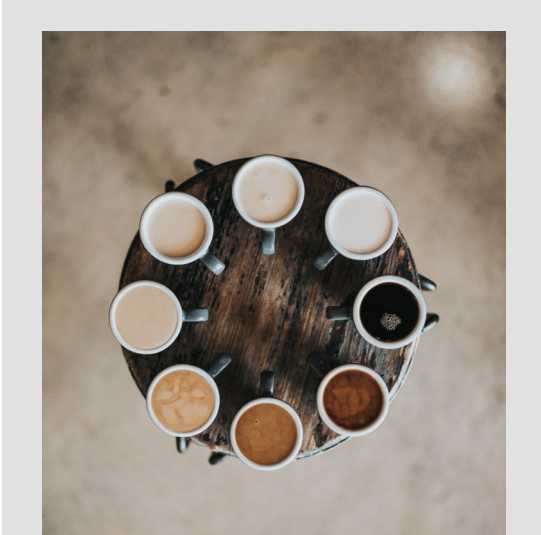


Inclusion as a Spectrum



Being part of the swimming family means being able to participate at different levels based on individual needs and desires.

### Practical Implementation

The Inclusion Spectrum is a model of inclusion that helps coaches, administrators, and clubs see the different ways swimmers can meaningfully participate in swimming regardless of ability. In practical terms, the Inclusion Spectrum is a functional, customizable guide for how para swimmers of different abilities can be included in swimming without fundamentally changing the teaching program.

The Inclusion Spectrum has seen various iterations but Swimming Australia has modified it to specifically reflect swimming and has named it the Aquatic Activity Spectrum. It features five different ways people with impairments can be included in swimming.

## The Aquatic Activity Spectrum

Inclusion				
<b>Alternative Activity</b> Skills or activities done individually with the intention of integration into the larger group.	<b>Parallel Activity</b> More than one version of the same activity; swimmers usually grouped by ability.	<b>Modified Activity</b> Adaptions are made to activities to challenge/support swimmers according to their abilities and needs.	<b>Open Activity</b> All swimmers are involved and find their own level of participation. Activities are often less structured and focused on play.	<b>Non-Swimming Roles</b> Officials, coaches, administrators, volunteers, spectators.

**For more information:**  
 The Inclusion Spectrum: <https://www.inclusivesportdesign.com/blog-posts/the-inclusion-spectrum-planning-sport-activities-for-everyone>  
 Seven Pillars of Inclusion: <http://theinclusionclub.com/the-7-pillars-of-inclusion/>

