



BUILDING CONFIDENCE IN A NERVOUS SWIMMER

THE SMALL DIFFERENCE - THE LARGE EFFECT

Presented by

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Based on the Halliwick® Concept

The Halliwick Concept is an approach known worldwide teaching all people, in particular, focussing on those with physical and/or learning difficulties, to participate in water activities, to move independently in water, and to swim (IHA-Halliwick Concept 2000).

In Concept is structured in ten points, there is first a focus on breath control, adjusting and being happy to be in an aquatic environment. A second focus is about mastering control of rotations resulting from the relative instability of the body in the water. The last focus is on combining skills to allow mobility through swimming.

‘Swimmers’ learn to control their own balance in water, without flotation aids. This is achieved by working on a one-to-one basis with a helper who gives adjustable, minimal support.

The Halliwick Concept recognises the benefits that can be derived from activities in water, and sets out the fundamentals necessary for their teaching and learning in this environment. These benefits include physical, personal, recreational, social and therapeutic aspects.

MAIN FOCUS FOR THE WORKSHOP

Transversal Rotation Control

Special focus on the importance of the swimmers being confident in the water and how little an adjustment it takes to do a controlled transversal rotation.

Longitudinal Rotation Control

Special focus on the rotation of the head and the courage to be consistent while doing the movement of the rotation.

Transversal Rotation Control

Special focus on the importance of the swimmer being confident in the water and how little an adjustment it takes to do a controlled transversal rotation.

Activity: “Who is the last swimmer?”

The group makes a large circle

Stand in chair position and make the transversal rotation to a floating position.

ON 1-2-3- your aim is to be the last swimmer in chair position again.

Point out how little an effort it takes to do a controlled rotation. Knees, hands, head, breath control - NO SWIMMING.

Ends out in the chair position.

In pairs

How to support: The Transversal Rotation:

The helper sits down in the chair position with both hands supporting the swimmer on the pelvis. The helper guides the swimmer through the rotation by saying what it takes to do the rotation, e.g. head to chest, hands in front and out of the water below the transversal axis, bend knees and exhale in the water. The helper’s mouth is on the side of the swimmers head, so the swimmer can hear what the helper is telling.

Activity: A lot of balls get’s into the large circle, half of the swimmers float on their back, and through the support they receive from there helpers, they make the Transversal Rotation and catches the balls.

Activity: Individual - Jumping with your shoulders in the water and just lift your knees up. Feel the buoyancy and control your balance primary with your head. (use of water strategies for movements).

Longitudinal Rotation Control

Special focus on the rotation of the head and the courage to be consistent while doing the movement of the rotation.

Focus on: eyes (feed-forward) head, arms, feet, breath control - NO SWIMMING.

Activity: Control of the Longitudinal Rotation - support from behind.

Observe what's happening

A) Take your fingers/hand out of the water.

B) Turn your head

C) Turn your eyes to one side

D) Close your eyes and make rotation in your mind

E) Make the rotation by yourself by using displacement of the centre of gravity and the centre of buoyancy

Putting the controlled skills together to a Combined Rotation.

Green Badge item 5.

Diving least 1.2 m down. Then come to the surface like a mushroom float (ball shape), stretch the body out and roll on the back (Longitudinal Rotation Control). Finally roll to an upright position (Transversal Rotation Control).

Activity: Angels and devils - A version of a game.

You are together in pairs (one swimmer with support from the helper)

2 Angels with pink caps and 2 stick for the devils.

There are two devils and their job is to kill the swimmers with the stick.

When the swimmer is dead you make a transversal rotation and lie down on your back in a floating position with support from your helper.

The two angels can release dead swimmers by standing in front of a swimmer

a) Offering the supine hands for support (not a grip) - the swimmer make a transversal rotation to chair position.

b) They blow/submerge together - after the swimmer are in the game again.

Nervous swimmers will have a helper to support them when they are making the transversal rotation.

If it's too easy you can put more rules in the game such as both the swimmers and the devils have to jump around in the chair position instead of running or swimming in the water.

Activity: "Transporter"

2 rows - helpers facing each other. The hands (the transporters) are going support the swimmer, when she floating in on her back in a floating position (supine) during at the transporter from one end to the other, where a helper support the swimmer's transversal rotation from supine to chair position.

The swimmer starts in chair position with the chin in the water. Make a transversal rotation to supine - shoulders back and "use the water" coming to supine (do not jump to supine position). Keep your balance during the transporter.