

INCLUSIVE SWIMMING

(Boys & Girls)

It would cover students with varying levels of cognitive abilities and/or those with borderline disabilities in the categories of Cerebral Palsy, MR, Down syndrome, Hemiplegia/Hemiparesis and ASD etc.

All the rules are based upon Federation international de Natacion Ameature (FINA). FINA rules or National governing body rules shall be employed except when they are in conflict with the official Special Olympics Sports Rules for Aquatics.

Events:

Event	*15 M Free style	*25 M Free style	*15 M Assisted Kicking	*25 M Free Kicking	*4 X 25 M Free Style Relay	4 (2X2) X 25M Unified Relay
8 - 11 Years (Low Ability)	✓	✓	✓	N/A	08 - 18 Years (one team per School / Institution)	In each team, the First & Fourth Swimmer must be from Special Needs Group. The remaining two must be from main- stream.
8 - 11 years High Ability	✓	✓	N/A	✓		
12 - 15 Years (Low Ability)	✓	✓	✓	N/A		
12 - 15 Years High Ability	✓	✓	N/A	✓		
16 - 18 Years (Low Ability)	✓	✓	✓	N/A		
14 - 18 Years High Ability	✓	✓	N/A	✓		

*Only for children with Special Need.

- The competition will be held along with the CBSE National Swimming Championship being held at Bhopal from 15 to 18 November, 2016. For details of the organizing school and other general rules pertaining to CBSE Sports & Games Competitions, please visit the Board's sports portal cbsesports.in
- Every school will be entitled to enter only one swimmer per event separately in Girls & Boys Categories. In relays, a school can enter one team per relay.
- **The willingness to participate and Entry Performa must be sent directly to the National Organizing School so as to reach on or before 05 Nov 2016.**
- In case of Children with Special Needs, school must send Disability Certificate duly signed by the Head of Educational Institution along with the entry forms.
- Participants will be divided into groups as per their age and ability (heat timings).
- Student should be in possession of School ID & Birth Certificate countersigned by the school Principal.
- Student should possess latest IQ/Disability Certificate issued/recognized by the government.

- The students should be independent in performing daily activities of living and should be toilet trained etc.
- Instead of following the chronological age, the groups should be divided as per their abilities.
- Participation of students in any mainstream event should be based on their performance in that event rather than on the disability and severity of their special need.
- Total inclusion can be observed in team events like Unified Relays, where 50% participation of students with special needs is mandatory.
- Participating schools should ensure that the students are accompanied by trained professionals (Special Educator, OT, PT, and PE). Suggested teacher/student ratio is 1:5
- The choice of method of starting may be left on the students depending upon their ability. It may be a 'Dive from the Board', 'Sitting on the edge' or 'From inside the pool'.
- Underwater somersaults while turning/returning should not be mandatory.

Important:

The events must be performed by the participants independently.

Participants must carry the following items duly labelled with her/his name with School details:

- Swimming Costume (Appropriate size)
- Swimming Goggles
- Bath Robe
- Floaters /Slippers
- Water Bottle
- Medicine if any along with prescription
- Food, in case the child is on a Special Diet)

Independent Swim, each participant must swim the full distance with no physical assistance. However, the accompanying Coaches may provide verbal encouragement and/or direction from the pool deck.

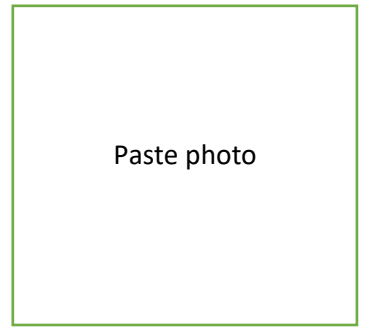
In Relay Events, each participant must swim one fourth the distance of the total relay. No swimmer shall swim more than a lap in any one relay.

For Unified Relay, each team shall consist of two athletes and two partners. **First & Fourth Swimmer** must be the student with special needs.

Safety Consideration:

- If any swimmer is on some 'Emergency Medicine', such as for Asthma or Seizure; his medicine should be deposited with the Nurse appointed during the meet.
- An athlete with Down syndrome who has been diagnosed with Atlanto-axial instability cannot Diving Start.

Compulsorily to be filled against every Swimmer



Name:

D.O.B & Age:

School's Name with complete address:

Emergency Contact:

Diagnosis:

Medical History:

Teacher accompanying:

Teacher's contact number:

Doctor's certificate

(In case of Asthma and epilepsy)

School's Stamp and Principal's Signature

Note: *The photo must be attested & stamped by the School Principal*

Special Needs
Multiple Entry Form

School:	
Teachers Accompanying:	
Teachers contact numbers:	

S. No	Student's Name	D.O.B +Age	Specify kind of Special Needs	Event	Photograph
1.				15 M Free style	
2.				25 M Free style	
3.				15 M Assisted Kicking	
4.				25 M Free Kicking	
5.				4 X 25 M Free Style Relay	
6.				4 (2X2) X 25 M Unified Relay	

N.B.: All applicants need to fill the Individual entry form.

School's Stamp and Principal's Signature: _____