

Disability Swimming Guidance Notes

Long Term Athlete Development (LTAD) for athletes with a disability is currently being developed. This will be a very lengthy process due to the unique elements of the various disabilities and how they affect the development of an athlete.

Whatever level an athlete with a disability may wish to achieve, whether using swimming to keep fit or aiming to be the next World or Paralympic Champion, the concept of LTAD should follow the same guidelines as in the published LTAD document. However, coaches must work closely with their athletes to ensure appropriate training and adaptations are made, where necessary, to ensure the complete development of the swimmer is achieved.

The time an athlete spends training (water & land) and competing, in most circumstances, should reflect that of their non-disabled counterparts, however in some instances the meters trained may not. The athlete/coach relationship is key in developing athletes with a disability to reach their full potential in swimming. It is important to ensure that an inclusive and appropriate training environment is established.

If you have any questions regarding the LTAD for disability swimming or would like some general advice about your athlete please e-mail: disability@swimming.org