



Around 1 in 6 (18%) people in Australia—or **about 4.4 million***—have a disability. If you're coaching a group of 6 swimmers, then it's likely one of them has a disability.

Swimming is For Everyone.

Key Messages: Coaches

1. Coaches change lives, not only improve swimming. The best coaches make everyone feel welcomed. They get the best out of us, whatever abilities you have.
2. Swimmers with disabilities are people first. The clubs and coaches can make changes to welcome everyone.
3. Swimmers are the heart of a swimming club. Coaches can facilitate inclusiveness in our clubs to create more connected communities.
4. Swimming makes our minds and bodies stronger. Regardless of our abilities, swimming supports us all.
5. Coaches must be supported by clubs to work with ALL swimmers regardless of their abilities and whether or not people are open to discussing their personal lives.
6. As a coach you need to know your swimmer's abilities to help them become their best. Listen and learn more. Communication leads to knowledge.

*SOURCE: <https://www.aihw.gov.au/reports/disability/people-with-disability-in-australia/contents/people-with-disability/prevalence-of-disability>