



Around 1 in 6 (18%) people in Australia—or about 4.4 million*—have a disability. Many disabilities can't be seen or heard. Some people don't want you to know they have a disability. Respect is appreciated.

We are Swimmers First.

Swimming Victoria is making swimming more welcoming for people with disabilities.

Key Messages: Swimmers

1. Swimmers with disabilities have more challenges to overcome when we train, compete, interact with our swimming friends and coaches, but at the end of the day we love the sport and want to be our best in the pool.
2. Swimming is an important life skill. It builds stronger bodies, friendships, learning and communities.
3. About 18% of Aussies have a disability and about 90% of disabilities are invisible. You may not even know that another swimmer lives with one. Some people don't want you to know they have a disability. Respect is appreciated.
4. Disabilities are as unique as the individual. Having an open dialogue, when invited, and not making assumptions builds inclusive cultures. Swimming is for everyone.
5. People with disabilities are regular people living ordinary lives – doing ordinary things - like going to the pool and swimming. Although some swimmers aspire to be Paralympians, but not everyone does.
6. Swimmers with a disability sometimes need adjustments with access to the pool, technique skills, learning and coaching. Openness, acceptance and quiet understanding is what's needed. No fuss.

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