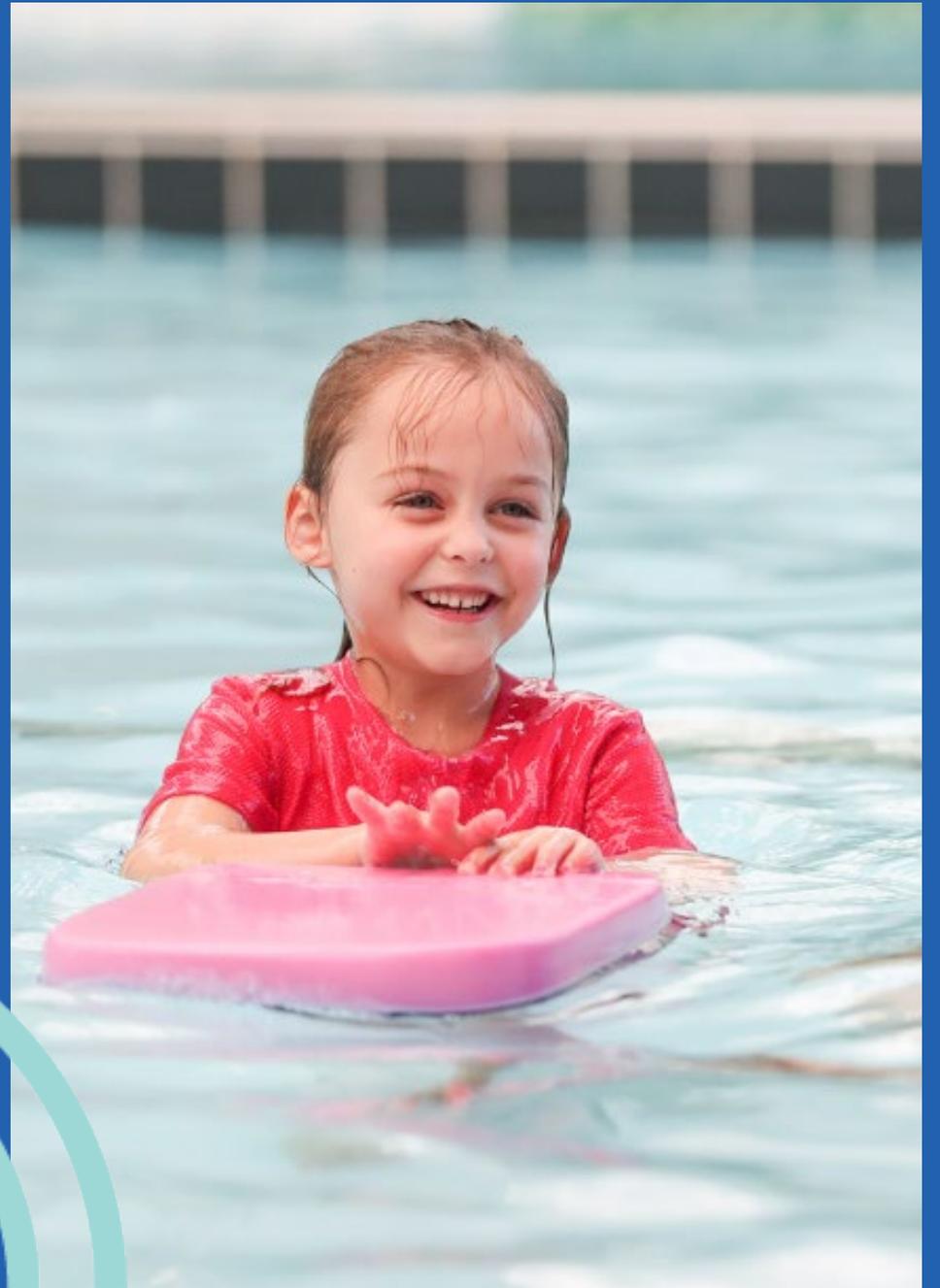


# Social Story

A swimming lesson at the  
MARC





# Guidelines

Thank you for choosing to use a social story written for Swimming Lessons at the Mandurah Aquatic and Recreation Centre (MARC).

A social story uses storytelling techniques to explain new experiences and environments to people who are autistic or who have sensory sensitivities. Anyone who is nervous when attending a place or event for the first time may benefit from access to a social story.

For your social story to be successful, we recommend you follow these guidelines.

- Read the social story preferably 2 weeks in advance of visit.
- Read in an environment free of distractions.
- If reading to someone, help the person to understand key points.
- Once the visit has taken place, re-read the social story to celebrate achievements.



This is a photo of the MARC.

MARC is the Mandurah Aquatic and Recreation Centre.



I am going to the MARC for a swimming lesson.



In my swimming bag there will be a towel, bathers and goggles.

My bag might also have sunscreen, a hat, earplugs and other items.



If I travel to the MARC by bus, there are bus stops close by.

If I travel to the MARC in a car, there are parking bays out the front of the centre and across the road there is additional parking areas.

If I have an ACROD permit, I can use the ACROD bays available in both parking areas.



When I arrive at the MARC I will enter through the main entrance. The glass doors will open automatically.



I do not enter through the Events entrance.



I will see people at reception who work at the MARC.

They are called staff.



A staff member may give me a yellow-coloured band to put on my wrist.

Then I will walk through to the pool area.



I may smell food on my way to the pool.

There is a café at the MARC.



My swimming lesson may be in the indoor or outdoor pool.

The indoor pool hall has a shallow swimming pool, a playground area, changerooms and toilets.



My swimming lesson may be in the outdoor pool.

The outdoor pool is 50m long with seats on the side and a grassed area.



I might see other people swimming and playing in the pools, and it may be noisy.

I may see Lifeguards wearing a bright yellow and red uniform.

Lifeguards help make sure that everybody is safe in the pools.

A lifeguard may talk to me about where I can swim.

I will try to follow the Lifeguards instructions.



It is important to walk in the pool area, not run.

Walking will help to keep me safe.



I might hear other children playing.

That is okay because they are having fun.



I can see what my teacher looks like by looking for their photo on the swim school notice board.

I will try to wait patiently for my swimming lesson to start.



My teacher will be in an orange and black rash vest with their name printed on the back.

My teacher will say hello.

My teacher will tell me when it is time to start the lesson.



My teacher will show me how to enter the pool safely.

I will try to follow my teacher's instructions.



My teacher will help me to learn new skills.

I might practice kicking, floating and putting my face in the water.

I might also practice treading water, swimming strokes, diving and using pool toys.



I will try to have my ears above the water and listen to my teacher when they are talking.

This will make it easier for me to hear my teacher's instructions.

I will try to wait my turn during the activities. Waiting my turn is a fair thing to do.

I will try keep my hands and legs still and keep my head above the water while waiting my turn to do an activity.



Sometimes it might sound loud  
because people are excited.

That is ok.



I can wear ear plugs or borrow ear protection from the Aquatics office to help me with the noise.

I might take a break and sit with my trusted adult for a few minutes.

I might sit in a green changing pod for some time out.

I might take some deep breaths.



We might play a game at the end of the swimming lesson.

My swimming teacher will tell me when the lesson is finished.



Swimming lessons at the MARC are for people of all ages.

There are different sessions for different age groups and abilities.



When my swimming lesson is finished I may use the change room to get dry and dressed.

I can choose to use the accessible showers and toilets if I need to.

I can choose to have a shower in the change room. Or, I can choose to put on my clothes and have a shower at home.



Swimming lessons are fun!

## Contact

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If you need help to speak or listen on the phone you can use the National Relay Service on 1300 555 727

For more information visit: [relayservice.gov.au](http://relayservice.gov.au)



Scan code for more information about access and inclusion at the City of Mandurah or visit: <https://www.mandurah.wa.gov.au/community/programs-and-activities/access-and-inclusion>

