

Social Story

A swim 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 swim.



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.



When I arrive, 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.



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



I may go to the outdoor pool.

This has a grassed area, BBQs and seats.



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

This is ok.



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 Lifeguard's instructions.



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

This will help to keep me safe.



I might go to the water playground.

There is a waterslide and other fun things to do there.



It may be busy.

Other people might be lining up in front of me to use the slides.

I will try to wait my turn to use the slide.

Waiting my turn is the fair thing to do.



There may be lots of sounds at the swimming pool.

I might hear children playing.

Sometimes the sounds in the pool hall might be too loud for me.



I may get out of the pool and sit with my trusted person for a few minutes.

I might take some deep breaths.

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

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



When I have finished swimming, I can use the change room to get dry and dressed.

There are different change rooms for different needs.

There are accessible change rooms, a Changing Places facility which has an adult change table and a hoist and changing pods to use.

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.



There is a Café with food and drinks which I might purchase.

There will be smells around the Café area such as hot chips, salt and vinegar.



Swimming at the MARC is fun!

Contact

City of Mandurah

PO Box 210, Mandurah WA 6210

council@mandurah.wa.gov.au

Mandurah.wa.gov.au

6550 3777

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



Scan code for more information about access and inclusion at the City of Mandurah

