

Going for a swim at North Solihull Sports Centre

solihullonthemove.co.uk



Guidelines

Thank you for choosing to use a Social Story. Social Stories are a social learning tool that supports the safe and meaningful exchange of information between parents, professionals, and people with autism of all ages. The social story is also suited for a person who may live with a language disorder, social communication difficulties and/or a cognitive delay disability.

For your Social Story to be successful, we recommend you follow these guidelines.

- Read the Social Story often and preferably 2 weeks in advance of the visit.
- The story should be read and shared in an environment free of distractions.
- Be calm, comfortable and honest when reading a Social Story.
- Follow the wording on the page when your visit takes place
- Help the participant comprehend key points and consistently monitor for level of understanding.
- Once the visit has taken place, revisit the Social Story to celebrate success.



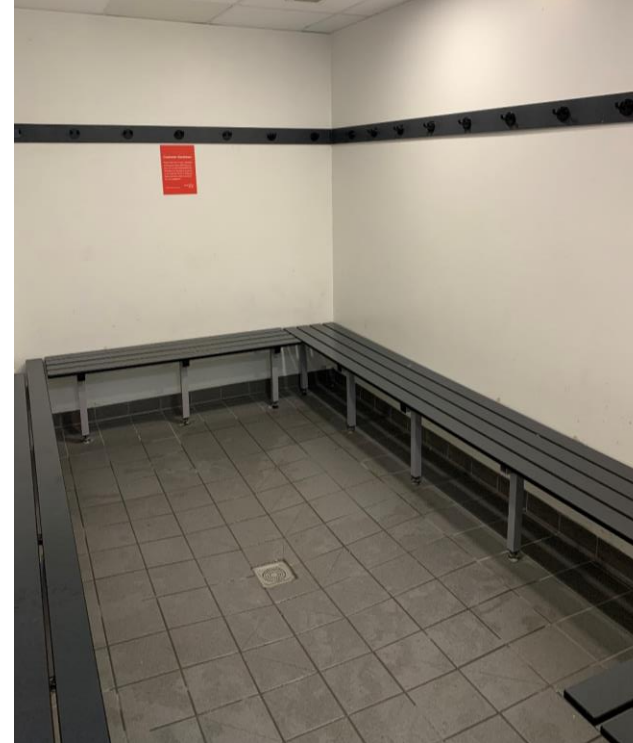
I am going to visit North Solihull Sports Centre to try swimming.



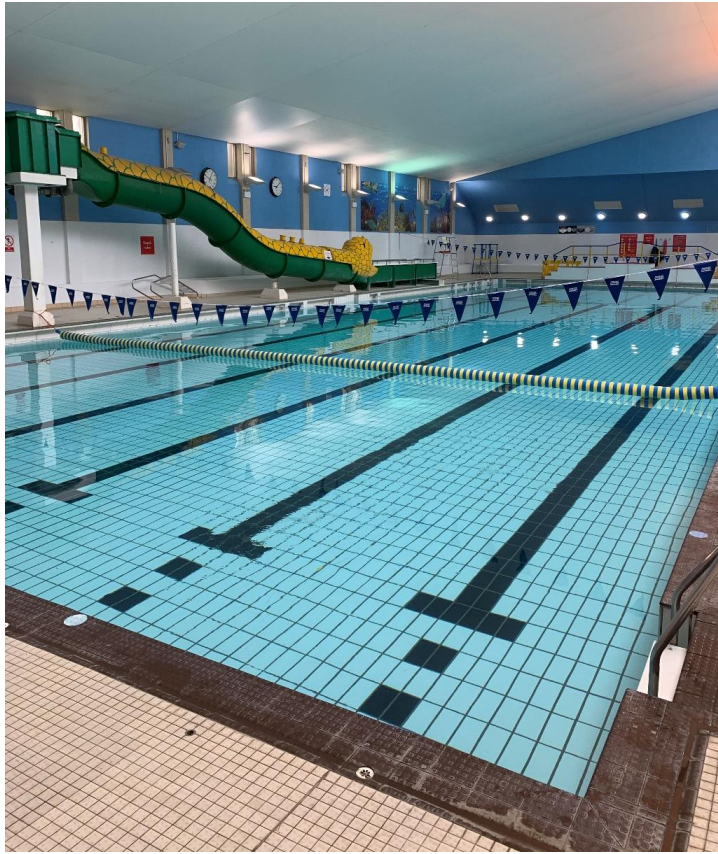
When I arrive, talk to the staff behind the desk to let them know you are here to go swimming



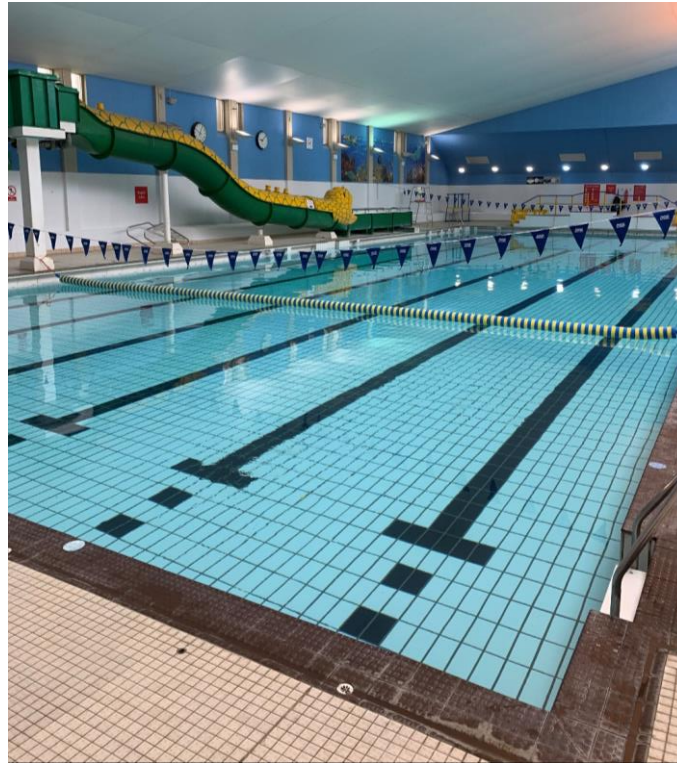
To get to the changing rooms, I walk towards the café and turn to my left where I can enter the changing room. There is also signage on the walls telling me where to go



Before I go to the swimming pool, I can use the changing room to get changed and store my belongings. There is also a toilet in the change area that I can use.



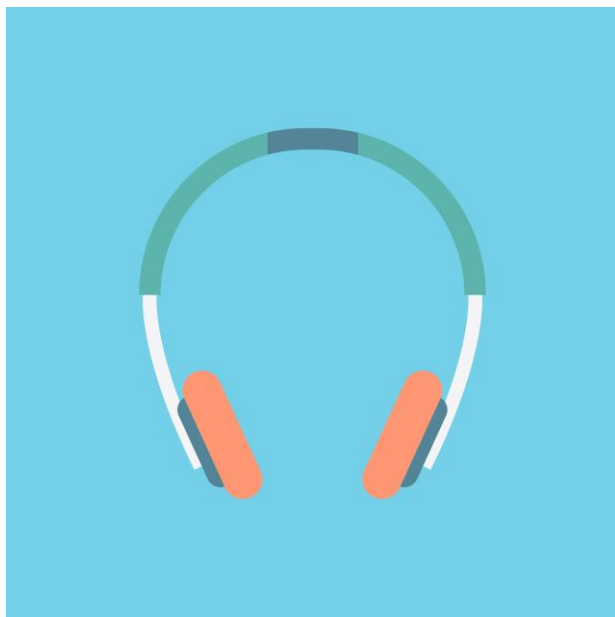
When I get to the swimming pool there is a hoist and chair lift if I need help getting into and out of the pool. I can ask a lifeguard if I need help.



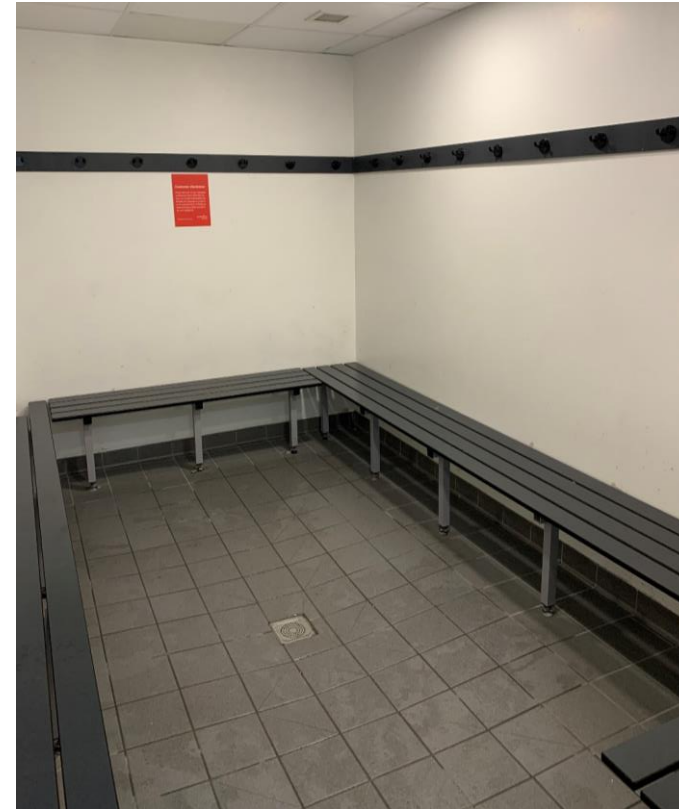
Other people might be using the pool so be careful not to bump into anyone. Help keep everybody safe. There might be signs in the pool area to tell me where I can swim.



There may be lots of sounds at the swimming pool. I might hear other children and adults playing.



I can wear my ear defenders to help me with the noise. I might leave the pool and sit with my trusted person for a few minutes.



When it's time to leave the pool, I can use the changing room to get dry and dressed.

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



After I have finished my activity, I could go to the café where there is food and drink to buy.



Swimming at North Solihull Sports Centre is fun!

North Solihull Sports Centre Contact Information

Address: North Solihull Sports Centre, Conway Road, Chelmsley Wood, West Midlands, B37 5LA.

Telephone: 0121 770 3822

Website: www.everyoneactive.com/centre/north-solihull-sports-centre

Accessibility information: www.accessable.co.uk