

Coaching Consultation Form

Dear Parent/Carer/Member,

Thank you for joining our club!

Following feedback from our members, this form has been created to help ensure you or the person you care for receives the best possible aquatics experience. It has been written primarily with consideration for autistic club members, however we recognise it may be useful for many other individuals. Please read the questions below and record any information the club need to be aware of. We recommend that this is completed in collaboration with the Club Welfare Officer to ensure the club fully understands the needs detailed below. Any information you provide will only be shared with your consent.

Name of Member:

Name of Club:

Name of Emergency Contact:

Emergency Contact Phone Number:

Please provide details of any behaviour/ support plan that is in place for the child/person you care for.

An example may include an Education, Health and Care (EHC) plan that has been completed at school.

Goals

What would the club member like to achieve within the club?

This may be a performance-related goal or something more generic such as getting fitter or making new friends.

How can the club help the member achieve their goal(s)?

This should be agreed depending on the member's objective above.

General Information

Are there are triggers that the club should be aware of?

E.g. Sensory differences (light, sound etc.), changes in routine, communication difficulties etc.

Does the member have a preferred method of communication?

E.g. Verbal communication, visual demonstration, written instruction etc.

Situational Considerations

In all instances please consider the roles/ responsibilities of the club and the parent/carer.

Changing Rooms

Is supervision required? If so, ensure process is agreed with parent/carer.

Training

*Does the club need to be aware of any factors that may affect training?
What behaviours will be considered acceptable/ unacceptable?*

Competition

What support does the swimmer need on the day? Where will the parent/carer be? Are there any reasonable adjustments that need to be requested? (quiet room etc.)

Emergencies or 'Meltdowns'

According to the National Autistic Society, a 'meltdown' can be described as an intense response to an overwhelming situation. The participant will become completely overwhelmed and temporarily loses control of their behaviour, this may be expressed verbally, physically or both.

Are there any specific triggers that are likely to cause a meltdown? What responsibilities do the club/parent/carer have in this situation?

Additional Information

Please include any relevant information that may not have been covered in the sections above.

Name of Club Welfare Officer:

Signed by Club Welfare Officer:

Name of parent/carer:

Signed by parent/ carer:

Date:

Agreed Date of Review: