

Swimming Lessons

Whether it's bathtime, swimming, jumping in puddles or simply splashing around at the beach, water-play remains a common favorite activity among kids with autism. Unfortunately, water also carries significant risk for those who wander off. According to NAA research, the leading cause of death in autism-related wandering cases is drowning. Therefore, it's extremely important to enroll your child into swimming lessons as early as possible.

For kids with autism, final lessons should be done with clothes & shoes on.



Ways to find swim lessons in your area:



Ask your local swim facility, such as YMCA, to provide swimming lessons that can accommodate your child's unique needs.



Safe Splash Swim School has 100+ U.S. locations and provides swimming lessons specifically for those with autism and other special needs (safesplash.com)



Google 'Special Needs Swimming Lessons' + Your City, State.



Search for a swim school in your area that is a member of the United States Swim School Association. The association teaches a course internationally that trains swim instructors how to teach swimmers with special needs.



- ✓ *Children with autism will go straight to water regardless of its temperature or type.*
- ✓ *Even if your child does not seem to like bathtime or swimming at the pool, natural water sources may be perceived differently. These include ponds, lakes, fountains, rivers, canals, even waste water.*
- ✓ *Teaching your child how to swim can help lower risk, but does not eliminate risk, so it's important to stay vigilant.*
- ✓ *If you own a pool, fence your pool and use gates that self-close and self-latch higher than your children's reach. Remove all toys or items of interest from the pool when not in use.*
- ✓ *Neighbors with pools should be made aware of these safety precautions and your child's tendency to wander.*



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