

## Scripts for Halliwick AST Videos

### **Changes since the Halliwick videos were made**

- 1 The International Halliwick Association has made some changes to the Ten Point Programme. Lateral Rotation has been renamed Longitudinal Rotation and Vertical Rotation has been renamed Transversal Rotation. Sagittal rotation has also been included.
- 2 The term 'hold' has been replaced by the term 'support'
- 3 The Association is now called the Halliwick Association of Swimming Therapy
- 4 The Basic course has been named the Foundation course.
- 5 The recommended 'counting' for the lateral lift exit is now 'Ready, Steady, **Go**'
- 6 The Halliwick Method is now referred to as the Halliwick Concept

### **Users guidelines.**

To facilitate the location of text and video shots, set the counter to 0.00.00 at the start of the video.

For information on the work of the Association, publications and training courses for instructors, send a SAE to:

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Or visit the website

[www.halliwick.org.uk](http://www.halliwick.org.uk)

Halliwick Association of Swimming Therapy

**Water Free**

**00:00:00**

This secretary of a swimming club for disabled people is accepting entries from members who are swimming to raise money from sponsors that they have found themselves. Having benefited themselves they are determined that through this film to which they have contributed other disabled people shall become Water Free.

The Association of Swimming Therapy presents

**WATER-FREE**

**00:01:15**

The way in which these disabled people are seen to be enjoying the freedom that water can provide is based on sound scientific and physiological principles it is the Halliwick Method.

Mary, an amputee found a new confidence in the swimming bath – a confidence that is carried over to her secretarial job.

**00:01:30**

Hazel, a child affected by cerebral palsy is a boarder at a school for physically handicapped children and is a regular swimmer with a club for handicapped people.

Swimming releases all kinds of people from their disabilities and David – though he has his problems – thoroughly enjoys himself in the water.

**00:02:07**

Menghi, chair bound by polio and hemmed in by heavy traffic lives for the companionship of her friends at the swimming club.

Don met this friend and companion at his swimming club.

**00:02:25**

Steve who lives in a residential home for spastics thought this was the limit of his physical potential that is until he was introduced to the water.

For all handicapped people there can be an opportunity to reach a swimming bath where there are people who have the know how to help them to enjoy the freedom that water can give.

**00:02:50**

Some manage to get to the baths themselves, some are pushed, others are helped by friends and relatives, some have their own vehicles, a number of Local Authorities exercise their powers to provide transport and other swimmers are picked up by individual volunteers and many voluntary bodies also help.

## Halliwick Association of Swimming Therapy

### **00:03:15**

Swimming baths have not always been designed with the idea that the handicapped would use them. They are not always as good as in the case of this modern bath. The Association trains its members to improvise and use any facility.

### **00:03:35**

The conditions of a facility are rarely a barrier to their use by the handicapped, but in some baths minor adaptations may be necessary. The Clubs cater for the elderly as well as the young. For all of them this is the highlight of their week.

### **00:03:56**

Membership is open to all ages, both sexes, indeed anyone who has medical permission – incidentally it is a rule that this medical permission must be sought.

The Chief Instructor is the co-ordinator, for the teaching is in the hands of the Group Leaders and each swimmer is paired off with an instructor in the ratio of one to one until the swimmer is competent.

### **00:04:23**

At the deep end an experienced instructor keeps an eye on the more capable members. Though Don is blind he is a competent swimmer.

So keen are they in spite of their disabilities that they are in the water in a matter of seconds.

Even the wheel chair swimmers are encouraged to enter the pool unaided.

They revel in the stimulus provided by the water, these two are rolling, a basic skill that they learned long before they could swim.

### **00:05:05**

Tony rolls into the bath and immediately turns into a safe and comfortable breathing position.

In the same experienced group these two swimmers who are surface diving for plates off the bottom are practising for an advanced test of the Association of Swimming Therapy.

And they are being successful too – incidentally achievement is always acknowledged by the instructor.

### **00:05:35**

The mobility in the water of this chair bound member as he performs a figure of eight has to be seen to be believed.

### **00:05:50**

And this is how it all begins – together, each with an instructor building up balance and control from the start.

## Halliwick Association of Swimming Therapy

Its hands on shoulder to keep the head forward.

Soon it becomes hands on hands, no gripping, head forward and in.

It's not long before they are all in the swim, but for David it takes just that little bit longer.

These kangaroo jumps are done in the upright position – without thinking they develop head control.

And when bicycling back with their faces nearer to the water they are taught to blow.

Through these activities they are mentally adjusting to the water, and they also learn a simple and safe way of getting out, - not only out of a pool but out of a pond or river.

The “poached eggs” now being gathered up by the group leader are a very effective aid to develop breathing control.

### **00:07:00**

The “poached egg” is a table tennis ball with a halo which flips over when the swimmer with head forward blows with his mouth at water level.

And so, with his instructor, he learns not to be afraid of breathing out into the water

A club is usually made up of people with all kinds of disabilities but the particular group consists of adults with differing spasticity.

They are lifted or wheeled right to the edge of the pool but thereafter no mechanical aids are used.

The quality of help makes all the difference – they need the kind of assistance that helps them to help themselves. The kind of help that comes with training and experience.

### **00:08:00**

It takes longer for some to get in than others – here the instructor takes a hold above the elbow and in he goes with a combined forward and lateral (longitudinal) rotation.

Steve on the other hand does it all by rotating on his own and look how quickly he attains a safe breathing position.

This member finds it easier to make his entry according to basic principles though he does need a little more help but once in the water he's away.

A club usually meets once a week all the year round, and the helpers and instructors come from all walks of life.

Out of a “snake” comes a circle and this group of medium ability, prepares to practice an activity that will give them experience in rotating in the horizontal plane.

**00:09:06**

The group including Hazel are learning that if they turn their heads in the opposite direction to that which the instructors are trying to roll them, then they can hold their position in the water.

On land, balance is a real problem for Hazel, but in the water she is happily acquiring more control over her body.

**00:09:32**

A further progression is for each swimmer with an instructor to make a complete controlled horizontal roll and the starting position is with the swimmer's head to the centre of the circle. By turning the head and crossing the outside arm and leg in the direction of the roll – towards the instructor – complete horizontal rotation is achieved.

Here it is again, and it looks so easy.

**00:10:05**

It is vital that the swimmers learn to control the lateral roll in both directions; for security the swimmer should always be in a position to roll towards the instructor, the swimmer is therefore moved to the opposite side.

The way in which the instructors hold and handle the swimmers is all important, and that is why the Halliwick Method emphasizes instruction and training which incorporates both the theory and practice of swimming for disabled people.

**00:10:38**

And so with practice and confidence the swimmers are able to make complete rolls from instructor to instructor right round the circle.

The technique is the same, the movement is initiated by a turn of the head in the direction of the roll – if the roll is to the left then the right arm and leg are brought cross the body to give further impetus to the movement.

This is when that basic truth about blowing into the water really applies.

Meanwhile this adult group of similar ability in the water are becoming more familiar with the movement of vertical (transversal) rotation which brings the body into the standing position – as the head comes forward the feet sink.

They are learning how the head can control their body position in water.

Whether child or adult, beginner or experienced swimmer, there is always need to be reminded of the necessity to breathe out when water is near the mouth.

**00:11:50**

Whichever form of hold the instructors are able to make with their swimmers hands are kept beneath the surface.

## Halliwick Association of Swimming Therapy

And after that short breather it is on to controlled vertical (transversal) rotation with less help from the instructors. They are in fact making this movement whilst moving “water wheel” fashion with only minimal assistance.

### **00:12:16**

And here is an individual test. In this objective activity in the vertical position, each one uses his head, in every sense, to move completely round his instructor. For each swimmer this is impossible on land but all can achieve this in the water.

### **00:12:36**

For this group this is supreme achievement for not one of these swimmers is able to walk on land and only one is able to use his hands.

Such is the method of teaching that periods of mental and physical activity are interspersed with effort that is less demanding.

### **00:13:04**

This adult group requires deeper water indeed groups are allocated different areas in the bath that are appropriate to their height and ability.

### **00:13:24**

The eager beavers are experienced in the water. They are so well controlled that they can use vertical and lateral movement to achieve combined rotation.

In enjoying this game of fishes in the net, they go out of the net by moving under the arms of the circle and return over the arms with a combined rotation.

It required greater skill when the circle is on the move. It's a great achievement and tremendous fun.

### **00:14:02**

The disabled members take a large and active part in Club Affairs not only as swimmers but as instructors in the water, as committee members and officials. This is the general secretary of a club.

Back at the deep end with the experienced group this member is improving his technique for getting out of the bath unaided.

### **00:14:30**

This swimmer uses his head to maintain a vertical position for treading water.

Groups of swimmers are made up according to their ability in the water. The nature and degree of disability is of little importance to the job of learning to swim

**00:14:50**

Here again is the difficult forward rotation, this time being learned by beginners. They will lie back in the water more readily when they know they can regain the vertical position.

**00:15:06**

For “speedboats” the correct hold supports without affecting the swimmer’s balance control.

Wriggling round the rocks – as it were – provides an early introduction to appreciating ones horizontal position in the water. The instructor holds the hips of the swimmer and so is able to indicate the movement of rolling: in this situation the swimmer feels the nature of the water – its weight, and the effect of turbulence.

**00:15:43**

The more they develop lateral stability in the horizontal position the nearer they are to doing without the support of the instructor – they are on their way to independent balance and they have learned without using and artificial aids whatsoever.

**00:16:00**

With instructors and swimmers alternating, “the snake” is an easy and quick means of collecting the group and moving it into a new formation.

A straight line facing the side of the pool is a convenient starting position for practising walking in the water – some with support from behind, but as yet some have to be supported with the instructor facing them. To walk in the water is as exciting experience for those who are chair bound and to submerge deliberately indicates how sure they have become in their own ability.

**00:16:38**

Plastic tops of jars or other objects that sink slowly may be used to prove a swimmers ability to control his movements in the water.

Communication between swimmer and instructor must be close and must be at the level of the swimmer. Some of the group are now able to walk on their own in the water.

**00:17:05**

When trying to pick up the plastic tops the swimmers discover such is the “up thrust” of the water it is almost impossible for them to stay on the bottom of the pool.

Whatever the group, progress is directly related to achievement and enjoyment.

Although this group has little manual dexterity the effort that comes from passing a ball around the circle provides experience of lateral rotation in the water.

As with all swimmers they don’t miss an opportunity of practising that essential skill of breathing out into the water.

**00:17:54**

In cases where members come from special residential homes the weekly club session gives them a regular opportunity for meeting people from the outside world.

Having rotated in the sitting position they try the same in the horizontal position and this requires greater control.

And what they do one way, they are invited to do in the opposite direction, and off they go.

**00:18:26**

It is through training in the techniques required for this type of instruction that such a remarkable standard of freedom becomes a reality; for many handicapped people this mobility is only possible in the water.

**00:18:45**

To roll through 360 degrees the instructor stands at the side of the swimmer who is asked to roll towards him. The instructor moves round the head of the swimmer to the other side for rolling in the opposite direction.

As we saw with the other group one of the next progressions is to roll continuously round the circle.

**00:19:14**

To prove to the Eager Beaver Group that they really are unsinkable the group leader tries to keep her swimmer submerged but they all know it's difficult to stay on the bottom of the pool.

It's great fun – they all enter into the spirit of it and they all want to have a go.

**00:19:39**

Try as they may they are unable to stay under and when they realize the upthrust of the water combined with their balance controls they are able to use the water to personal advantage.

**00:19:55**

She too is now enjoying the excitement of success. In learning to breathe out under the water she is also learning to relax. What one can do, so can the others – that is one of the features of working as a group

**00:20:13**

Who would have thought that Hazel, who cannot stand without support, would eventually be able to somersault in the water and what's more, somersaulting is the ultimate goal of forward or backward vertical rotation.

**00:20:29**



## Halliwick Association of Swimming Therapy

An extension of the Association's training programme is the Gemini Scheme. Which provides instructor training for senior pupils in their last year at school who in turn act as instructors for children who are disabled and at school in the same areas.

### **00:20:44**

The Chief Instructor with the tutor instructor is responsible for training within the club.

Steve's unaided somersaults typical of the ability that some severely handicapped people are able to achieve in the element of water.

### **00:21:01**

With minimal guidance from an experienced instructor, this swimmer performs an almost perfect somersault.

Instruction is by carefully thought out progressive stages – this is one of the stages – leading up to the forward somersault; just now there are two helpers. Later on there will be one and eventually he will do it unaided.

### **00:21:32**

As Steve swims in to become part of the circle, we have time to appreciate the enormous potential that water has for disabled people.

Now as the circle creates the combined conditions of turbulence and swell we see that though very vulnerable on land, in the water this swimmer is quite unsinkable and is completely independent.

### **00:22:02**

How very useful is the "poached egg" here the group leader by floating it on the water in front of her and then walking backwards shows that the turbulence she creates causes the "poached egg" to move with her.

Now the group applies the same principle. The instructors create turbulence by using their hands like flippers whilst walking backwards and like the poached egg the balanced bodies of the swimmers are drawn toward the instructors.

### **00:22:37**

On then to the next stage; and its Menghi who is showing the group how. Floating on her own and using her hands to create turbulence she moves off with control.

And this is the operation the instructor now asks the rest of the group to try out.

### **00:22:01**

The next logical step is for the swimmers to create their own turbulent motive power and so move through the water without help.

**00:23:18**

Only one further step on and the swimmers really begin to move. In this case the arms come low out of the water to just beyond shoulder height before re-entering to pull on the water like a pair of oars.

Because of disability many handicapped people with very little use in their legs find it easier to swim on their backs, in which position they are able to use their arms to achieve maximum movement. And now as the session draws to a close, the group relaxes before getting out.

**00:23:53**

In the deep end the water free swimmers are in the last period of "Hi-Low"; a game specially devised for handicapped swimmers.

A goal is scored when the ball passes through a netted ring at the side of the pool. Incidentally by placing both goals along the same end of the bath, play is concentrated in a limited area and so ensures maximum activity for the players.

These swimmers have mastered the skills that are necessary for control in the water and in a game of "Hi-Low" they are able to express themselves without having to think about technique.

**00:24:38**

In more shallow water the Eager Beaver Group has created swirling water by moving round in snake formation and after breaking up are now swimming and getting out against the difficult water conditions that they have deliberately made.

Having reached previously unknown potentials of achievement in the water one sees a definite carry over of effort and attitude to life on land.

**00:25:12**

Some disabled swimmers like Mary train to become instructors.

The social side is an integral part of every club. There is much more to this than physical refreshment – it is the time for discussion about club affairs – a time for everyone to get to know everyone else.

**00:25:42**

With the bath cleared of the instructional groups those with experience who are interested in competitive swimming are already practising for a forthcoming gala.

All the races of course are swum on a handicap time basis. The first swimmer who has a severe disability required as much as forty-five second start for him to compete on equal terms with the others.

The competitor in the white cap is the fastest of the three swimmers in the first leg.

**00:26:16**

Meantime the rest of the club enjoy the “after swim” refreshments prepared by bath side helpers who not only assist with dressing and undressing but also serve in the canteen.

Whether in the changing rooms on the bath side, in the water or eating and drinking some need more help than others.

The ultimate objective however is to achieve the maximum independence for everyone.

**00:26:48**

The first man off has been overtaken before the end of the first leg but each team has two more swimmers yet to go. Don, the blind swimmer, is warned by his instructor that the end of the pool is just ahead.

Each persons timing is kept up to date at fairly regular intervals,

Whatever type of race is swum the time handicap principle is operated and so every swimmer has a chance of competing on equal terms.

**00:27:24**

We are into the last leg now, the time when the swimmers have to sustain their power and because of regular training most of them are able to do just that.

With effort such as this it's a pity they all can't win

This standard of swimming, this determination to succeed is the culmination of all that has gone before – the proof that the method achieves its objectives.

**00:27:56**

And if that isn't sufficient proof what about this. In 1970 six adult handicapped swimmers from several of the Association's clubs swam from Cap Gris Nez to Folkestone in just over fourteen hours.

Throughout the previous months they practised over long distances in their respective pools and after a trail swim in the open waters of the Serpentine in London the chosen swimmers moved to the Kent Coast for final training under sea conditions.

**00:28:34**

Not only did they swim the Channel but in doing so they won the International Trophy for the fastest Channel Crossing of the year. What they did in 1970 has been a great inspiration to many handicapped swimmers all over the country. They have pointed the way not only for the swimmers but to those who have the will and the knowledge to lend a helping hand.

Halliwick Association of Swimming Therapy

**00:29:00**

These swimmers are water free and that for all handicapped people is the aim of the Association of Swimming Therapy.

Everybody can help in this work either in the water or on the bath side. The Association works on an ever widening basis with both statutory and voluntary organisations using whatever facilities are available. To the able bodied and handicapped alike the message is the same – join a club, help a club, form a club and enjoy yourselves!

**00:29:32**

The Association of Swimming Therapy  
Wishes to thank all those who co-operated in  
the making of the film and in particular the

SPONSORED SWIMMERS  
and  
CHANNEL TEAM OF AST

Association of Swimming Therapy Clubs

Barracuda, Enterprise, Halliwick Penguins,  
Kensington Emperors, Optimists, Scampi

Royal Naval Reserve  
and  
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and

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