

## 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- 2 The term 'hold' has been replaced by the term 'support'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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## **ENTRIES EXITS & SUPPORTS**

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### **0.00.00**

This video has been prepared for people who have attended a Foundation Halliwick Course.

The aim is to serve as a reminder of some of the main supports and should be used in conjunction with the 'Basic Course Hand book'.

For demonstration purposes swimmers are sometimes given more support than they actually need.

### **ENTRIES (0.00.39)**

First of all let us look at how we teach swimmers to enter the pool.

#### **Forward Entries**

There are five stages of forward entries that may be used.

#### **Full support**

#### **Elbow support**

#### **Hand support**

#### **Independent entry**

#### **Support for swimmers with poor head control**

With all supports the instructor selects a depth of water in which he or she is balanced and which will be a safe depth for the swimmer.

Let's look at the forward entries in more detail.

### **Full support (0.01.29)**

As seen here, when using the full support, the instructor gives verbal and visual support to the swimmer.

The instructor reminds the swimmer to blow.

### **Elbow support (0.01.50)**

It is also important to remember to adopt the correct stance with one foot in front

of the other before guiding a swimmer into the water.

When working in the water, it is important to encourage the swimmers to blow, as demonstrated here whilst using an elbow entry.

### **Hand support (0.02.18)**

Once a swimmer reaches the stage of using the hand support, he or she should not need to be reminded to blow.

As with all supports the instructor and swimmer should keep their hands as flat as possible.

### **Independent Entry (0.02.33)**

Although a swimmer may be able to enter the water independently, they may require support whilst on the poolside and again once they are in the water.

### **Support for swimmers with poor head control (0.02.45)**

The instructor here is demonstrating a support for a swimmer with very poor head control. Note, that as soon as the swimmer enters the water, the support changes.

All these supports may be adapted to meet the individual needs of a swimmer. Help may also be required on the poolside for a swimmer with poor sitting balance.

### **Combined Rotational Entry (0.03.29)**

The combined rotational entry is an alternative method of entry into the pool.

This should be demonstrated to the swimmer before teaching it.

The instructor stands to one side of the swimmer with her back against the pool wall.

The instructor offers support with her **right** hand to the swimmer's **right** upper arm.

The swimmer looks at the instructor to create a rotation as she comes forward into the water.

The instructor can help with the learning of this by saying "look at me".

As the swimmer meets the water the instructor changes to the appropriate support, in this situation, a back float position.

The instructor needs to practice the support for a combined rotational entry from both sides.

### **EXITS (0.04.27)**

As well as learning how to enter the pool the swimmers also need to be taught how to get out.

### **Wriggle Exit (0.04.35)**

The most commonly used exit is the wriggle exit.

It is important to guide the swimmer and not lift her.

The exit can be made easier for the swimmer if the legs are supported parallel to the surface of the water.

### **Lateral Lift Exit (0.05.20)**

A lateral Lift exit may be used for a swimmer who is unable to use the wriggle exit and when a hoist is not available or is unsuitable or in emergencies.

It is important that a risk assessment is made to ensure that this is the most suitable and safe exit for the swimmer.

Practice away from the poolside is essential.

Instructors should be as close as possible to the swimmer, arms out-stretched, palms facing down, (the weight taken on the upper arms).

Counting 1 & 2 & 3 and lift ensures co-ordination of the movement.

Ensure that the swimmer's arms are tucked in and take special care of head and heels.

The transit seat is now used to help swivel the swimmer into a sitting position ready to transfer into a shower chair.

**Lateral Entry (0.06.14)**

The same principles as those used for a lateral lift exit, can be used for the lateral entry. One difference from the lateral lift exit, is that the instructor's hands can be palm up. The swimmer is encouraged to initiate the entry by turning the head.

**CHAIR POSITION (0.06.48)**

The chair position should be adopted by both instructors and swimmers in the water. This is a stable position which allows balanced movement in the vertical. For both swimmers and instructors, shoulders are under the water, feet are flat and arms are forwards. To teach this position instructors often say "sit on a chair, arms on the table".

**VERTICAL SUPPORTS (0.06.48)**

Supports in the vertical can be from in front of the swimmer or from behind.

**Instructor facing the swimmer (0.07.24)**

Let us look at the supports with the instructor facing the swimmer. There are four facing supports that can be used.

**Full Support**

**Elbow support**

**Hand support**

**Straddle**

**Full support (0.07.46)**

Here we see the full support being demonstrated. The instructor supports at the trunk. This may be high on the trunk, though not under the arm pits, but as the swimmer gains vertical balance control, the support should be lowered. Supporting at the centre of balance, around the hips, allows the swimmer to take more control of her vertical balance.

**Elbow Support (0.08.22)**

The elbow support can be varied. If the elbows are supported close to the swimmer's body more support is being given. The swimmer will have to take more control of vertical balance when the elbows are supported away from the body.

**Hand Support (0.08.55)**

When using the hand support it is important for the instructor to keep hands about 15cm below the surface of the water, so as not to cause any unwanted rotations to the swimmer.

**Straddle (0.09.08)**

The straddle position gives extra support to swimmers who have very poor, or no head control. Note, how the instructor supports at the nape of the neck and at the small of the back.

### **INSTRUCTOR BEHIND THE SWIMMER (0.09.33)**

There are two supports used when supporting from behind the swimmer.

#### **Support at the trunk and Hand support**

#### **Supports at the trunk (0.09.50)**

The instructor's hands can be higher on the trunk for more support or lower to allow the swimmer to take more control of vertical balance.

#### **Hand support (0.10.14)**

The instructor's hands should be about 15cm below the surface of the water. Additional support can be given by the instructor's forearms if needed.

### **SUPPORT FOR THE BACK FLOAT (0.10.59)**

To achieve a back float position the swimmer is asked to "put shoulders back, let ears get wet and let feet float up".

The swimmer is supported at the centre of balance, around the hip region.

The support can be varied depending upon the amount of support required by the swimmer. This might be the instructor using hands and forearms, hands only or just finger tips.

It is important to allow the **water** to support the head. and not the helper's shoulder.

### **SUPPORT FOR FORWARD RECOVERY (0.11.56)**

A forward recovery is a movement from a back float position to the vertical.

To perform a forward recovery the swimmer needs to bring the head forward and reach forwards with both arms. Bending the knees towards the chin will also help with this rotation.

The swimmer should blow as the chin nears the water.

The instructor should be behind the swimmer and must give time for the swimmer to initiate the rotation and allow the swimmer's shoulders to remain under the water.

### **SUPPORTS FOR LATERAL (Longitudinal) ROTATION (0.12.32)**

Lateral rotation can take place in the vertical or horizontal position .

#### **Lateral (longitudinal) rotation in the vertical**

Here we see a lateral rotation in the vertical.....

#### **Lateral (Longitudinal) rotation in the horizontal**

...and now in the horizontal.

Now let us look at these in more detail.

#### **Lateral (longitudinal) rotation in the vertical (0.12.54)**

Lateral rotation in the vertical can be practised in many different ways.

A starting point might be turning within the instructor's arms; as demonstrated here. With practise this may lead to an independent rotation.

**Lateral (longitudinal) rotation in the horizontal (0.13.21)**

For the lateral rotation in the horizontal the initial activities can be carried out by using the back float support.

The instructor is saying "look at me" , to help the swimmer learn the correct movement.

To progress to full lateral rotation, the instructor faces the swimmer and stands with shoulders OUT of the water, facing towards the swimmer's head.

The instructor encourages the swimmer to turn his head and blow into the water.

**Lateral rotation (longitudinal) in the horizontal - full (0.14.02)**

With improved control of lateral rotation and breathing, the swimmer will eventually be ready to complete a full lateral rotation.

Initially the swimmer should roll towards the instructor.

Give time for the swimmer to initiate the roll, giving help, if needed, to complete the rotation.

The instructor's hands stay in virtually the same position in the water, any required hand movement being very small.

This support should be practised from both sides.

**SUPPORT FOR COMBINED ROTATION (0.14.58)**

Combined rotation is a combination of a vertical and lateral rotation.

With support from behind, the swimmer moves forward and simultaneously rolls on to her back, to achieve a safe breathing position.

The instructor behind the swimmer says "look at me" as the swimmer falls forward, to help the swimmer learn the correct movement.

It is important to remind the swimmer to 'blow' as the mouth nears the water.

As well as being practised between two instructors the combined rotation can be taught with one instructor.

**Combined rotation into the pool side (0.15.44)**

The combined rotation is also used to bring a swimmer into the pool-side.

**SUPPORTS FOR GROUP WORK (0.15.54)**

Group work can take place in a -  
**circle, line or file formation.**

The supports for circle and line work are the same.

**Circle formation (0.16.20)**

**Short arm support (0.16.20)**

Here we see the short arm support being demonstrated.

This support can be varied depending on the amount of balance control that the swimmer has.

**Long arm support (0.16.37)**

The long arm support can be used with swimmers who have more balance control. It is important for the instructor to keep his/her hands about 15cm below the surface of the water. This will ensure that the swimmer's balance is not disturbed. The hands may need to be angled for some activities.

**Line formation (0.17.02)**

Working in a line requires an extra instructor at one end.

**Crossed arm support (0.17.17)**

The cross arm support enables swimmers with poor head and trunk control, or with no arms to join in circle and line work.

The swimmer's position can be well controlled by the instructors.

By using correct supports which allow the swimmer to learn about controlling their own balance the instructor gives the swimmer the best opportunity to become as independent as possible in the water.

**File formation (0.18.09)**

These swimmers and instructors are demonstrating the file formation.

**Closed File (0.18.14)**

A closed file is useful for a swimmer who has poor balance control, or who cannot hold onto the instructor in front.

**Open file (0.18.27)**

In an open file the swimmer needs to have greater balance control.

**Changing formation (0.18.53)**

Changing formation is a link of co-ordinated changes between line, circle and file in any order which can help the swimming session flow more easily.

The group here is changing from line to file and then it moves round into a circle adopting short and long arm supports as appropriate.

It is important that the group leader co-ordinates the changes.

These supports allow the swimmer to learn about controlling their own balance in the water.

Planning based on the Ten Point Programme from the Halliwick Method and the use of group work will enhance learning, so, aiding swimmers toward independence.

The Halliwick Association of Swimming Therapy

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