



GIPPSLAND REGIONAL AQUATIC CENTRE

49 Breed Street
Traralgon, Victoria, 3844
Phone 1300 444 722
grac.ymca.org.au

Social Story

A swim at Gippsland Regional Aquatic Centre

Guidelines

Thank you for choosing to use a Social Story written for **Gippsland Regional Aquatic Centre**. This Social Story is written by [Access Ability Australia](#) and is suited for a person who may live with autism spectrum disorder, 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 visit
- The Social Story should be read and shared in an environment free of distractions
- Be calm, comfortable and honest when reading a Social Story
- Help the participant comprehend key points and consistently monitor for level of understanding.



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Ability
Australia**

Who is [Access Ability Australia](#)? The founders and developers of Access Keys. They also develop visual [Communication Boards](#) and deliver [Communication Access and Awareness Training](#). To learn more, visit www.accessabilityaustralia.com.

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I am going to Gippsland Regional Aquatic Centre for a swim.



When we arrive, my trusted adult will take me to reception.

I will see people who work at the centre. They are called staff.

They wear a uniform and a name tag.



My trusted adult will tell a staff member my age.

A staff member will give me a coloured band to put on my wrist.

This is so staff know my age and can check that my trusted adult is close by to keep me safe in the water.

My trusted adult might help me to put the coloured band on my wrist.



I might see other people swimming and playing in the pools.

I might see lifeguards wearing a bright yellow and red uniform.

Lifeguards help make sure that everybody is safe in the pools.

I will try and follow the Lifeguards instructions.



My trusted adult will take me to a change area.

The changing area is used to get dressed for swimming.

There is also a toilet in the change area. Most people use the toilet before swimming. This is a good idea.



I will try to walk in the pool hall.

This is very important to keep me safe.



I might go the AquaPlay area.

There are waterslides and lots of fun things to do in the AquaPlay area.

There is a big bucket which sometimes drops water.



In the AquaPlay area, other children might be lining up in front of me to use the slides.

I will try to wait my turn to use the slide.

Waiting my turn is the fair thing to do.



Before I use the slide, I will try to wait until the person in front of me has finished their turn and has moved away.

Then, I will lie down on my back, feet first with my arms across my chest.

This is important to keep everybody safe.



There are other pools to swim or play in.

There might be signs in the pool hall that will tell me where I can swim.

My trusted adult can read the signs to me if I need help.



The outside area also has a pool that I can swim in.

It is only open at certain times of the day.

This pool is nice and warm.

I will ask my trusted adult if I can swim in the outdoor pool.



There can be lots of sounds at the swimming pool.

I might hear other children playing.

I might hear music playing.



Sometimes the sounds might be loud.

I can wear my ear plugs to help me with the noise

.
I may get out of the pool and sit with my trusted adult for a few minutes.

I might ask my trusted adult if I can go to the outside area to relax.



There is a café with food and drinks to buy.

There is also an outside area where I can take my food and drink.



When it is time to leave, I can use the change room to dry and get dressed.

I can choose to have a shower in the changeroom or I can choose to get dressed and have a shower at home.



Swimming at the pool is fun!



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