

MEDIA RELEASE

FOR IMMEDIATE RELEASE
Wednesday, December 21, 2011



We aim to make access to aquatics easier for all our MATE's



AUSTSWIM, the Australasian Council for the Teaching of Swimming and Water Safety is Australia's national organisation for the teaching of swimming and water safety™. AUSTSWIM has developed quality aquatic education programs for those wishing to enter the aquatic industry as a teacher of swimming and water safety™. The AUSTSWIM accreditation is the industry standard for swimming and water safety teachers™ and is delivered and recognised in each state and territory of Australia and many countries overseas.

AUSTSWIM is now excited to introduce Making Aquatics a Terrific Experience (MATE), an innovative and interactive community seminar aimed at optimising health and wellness opportunities for people with medical conditions and/or disabilities.

What is the MATE seminar?

The MATE seminar provides participants with the information, skills and confidence to take a person with a medical condition and/or disability to the pool for recreation activities. The MATE seminar is not about swimming strokes; it is a guide to encouraging and facilitating physical activity in an aquatic environment for people who do not always have the opportunity to participate in aquatic activity.

Just under one in five (18.5%) Australians had a disability in 2009, according to new figures released by the Australian Bureau of Statistics (ABS). This represents approximately 4.0 million people.

The main disabling conditions reported in 2009 were back problems (15.6% of all persons with a disability) and arthritis (14.8%). Just over half (52%) of people aged 60 years and over had a disability. Most of these (63%) did not need any assistance to manage health conditions or cope with everyday activities. For those who did, the most commonly reported needs were help with property maintenance, household chores and mobility.

There were 2.6 million carers in Australia who provided some assistance to others who needed help because of disability or old age. Around 55% of all carers were women.

Who can attend?

Family members:

- Parents
- Partners
- Friends
- Siblings
- Cousins

Support Person or Carer:

- Carer
- Personal Attendant
- Disability Leader
- Allied Health Professional
- Team Leader
- Personal Trainer
- Lifeguards

Proudly supported by



Australian Government

THE AUSTRALASIAN COUNCIL FOR THE
TEACHING OF SWIMMING AND WATER SAFETY

The MATE seminar offers:

- Comprehensive notes
- Real life scenarios depicting examples of frustrations to success!
- Simulation exercises – what your body does in the water
- Aquatic activities to use in an inclusive setting
- Networking opportunities with like minded people

Why is aquatic activity beneficial?

- Promotes sense of well being
- Maximises body function and independence
- Improves mood and increases self-esteem
- Endorses water safety principles
- Provides fitness opportunities for you and your MATE

How to Enrol:

The MATE seminar is held on a regular basis in metropolitan and regional areas. For more information visit www.austswim.com.au or contact your AUSTSWIM Business Centre in your state or territory on 1300 885 666

Alternatively, if you would like to host a MATE seminar for your facility, swim school or organisation please contact your local AUSTSWIM Business Centre to find out how.

For further information please contact:

Gordon Mallett, AUSTSWIM CEO

Phone: 03 9562 7900

Email: ceo@austswim.com.au

Proudly supported by



Australian Government

**THE AUSTRALASIAN COUNCIL FOR THE
TEACHING OF SWIMMING AND WATER SAFETY**