

Social Story

A swim at the MARC





Guidelines

Thank you for choosing to use a social story written for Swimming Lessons at the Mandurah Aquatic and Recreation Centre (MARC).

A social story uses storytelling techniques to explain new experiences and environments to people who are autistic or who have sensory sensitivities. Anyone who is nervous when attending a place or event for the first time may benefit from access to a social story.

For your social story to be successful, we recommend you follow these guidelines.

- Read the social story preferably 2 weeks in advance of visit.
- Read in an environment free of distractions.
- If reading to someone, help the person to understand key points.
- Once the visit has taken place, re-read the social story to celebrate achievements.



This is a photo of the MARC.

MARC is the Mandurah Aquatic and Recreation Centre.



I am going to the MARC for a swim.



If I travel to the MARC by bus, there are bus stops close by.

If I travel to the MARC in a car, there are parking bays out the front of the centre and across the road there is additional parking areas.

If I have an ACROD permit, I can use the ACROD bays available in both parking areas.



When I arrive at the MARC I will enter through the main entrance. The glass doors will open automatically.



I do not enter through the Events entrance.



When I arrive, I will see people at reception who work at the MARC.

They are called staff.



A staff member may give me a yellow-coloured band to put on my wrist.

Then I will walk through to the pool area.



The pool hall has a shallow swimming pool, a playground area, changerooms and toilets.



I may go to the outdoor pool.

This has a grassed area, BBQs and seats.



I might see other people
swimming and playing in the
pools, and it may be noisy.

This is ok.



I may see Lifeguards wearing a bright yellow and red uniform.

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

A lifeguard may talk to me about where I can swim.

I will try to follow the Lifeguard's instructions.



It is important to walk/move slowly in the pool area, not run.

This will help to keep me safe.



I might go to the water playground.

There is a waterslide and other fun things to do there.



It may be busy.

Other people 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.



There may be lots of sounds at the swimming pool.

I might hear children playing.

Sometimes the sounds in the pool hall might be too loud for me.



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

I might take some deep breaths.

I can wear ear plugs or borrow noise reduction earmuffs from the Aquatics office to help me with the noise.

I may sit in a green changing pod for some time out.



When I have finished swimming, I can use the change room to get dry and dressed.

There are different change rooms for different needs.

There are accessible change rooms, a Changing Places facility which has an adult change table and a hoist and changing pods to use.

I can choose to have a shower in the change room.

Or, I can choose to put on my clothes and have a shower at home.



There is a Café with food and drinks which I might purchase.

There will be smells around the Café area such as hot chips, salt and vinegar.



Swimming at the MARC is fun!

Contact

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If you need help to speak or listen on the phone you can use the National Relay Service on 1300 555 727

For more information visit: relayservice.gov.au



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