

OPEN WATER SWIMMING

SOEE OWS 7

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What is Unified Sports?

These are teams that consist of athletes of the same age and possibilities where the practice together brings more fun and challenges together.

Pay attention; swimming in open water are different!

The age does not apply to swimming in the open water, which may be different. In addition, the skill must always be the same or better than that of the SO swimmer.

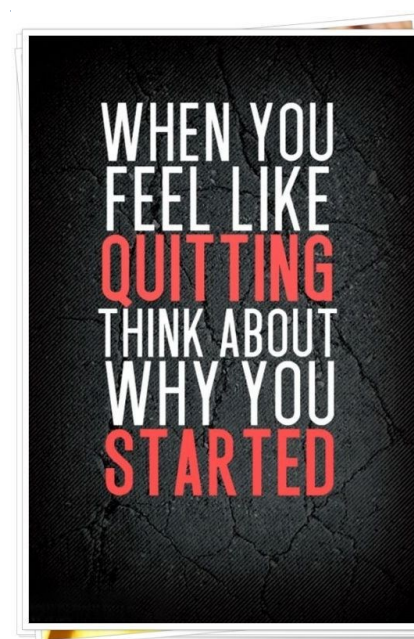
At Unified Sports, people with and without mental disabilities are together 1 team. It originated from a simple principle. Coaching and exercising together is a way to friendship and understanding.

Unified open water swimming.

Unified Sports is performed in accordance with three different models: recreation, athletes in development and competition.

The following rules apply to this competition:

1. Unified Open Water Swimming teams consist of one athlete and one unified partner. An Unified Coach may not participate as a Unified Partner.
2. The Unified Partner is expected to respond adequately to an unexpected and / or emergency situation in the water.
3. The athlete and the Unified Partner should always swim within 10 meters of each other during the race.
4. The athlete and Unified Partner will not end more than 10 seconds.
5. Prizes are determined based on the end time of the last Unified Team member coming over the finish.
6. Unified Teams are subject to the disqualification procedures as they apply in the contest.
7. On open water swimming events, the Unified Partner must have equal or greater swimming skills.



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Observer sheets Unified Open Water Swim



Unified Open Water Swim Observers One Sheet



Unified Sports - MEANINGFUL INVOLVEMENT

Special Olympics Unified Sports combines people with and without intellectual disabilities on sports teams for training and competition. People with intellectual disabilities are classified as Special Olympics Athletes, and people without intellectual disabilities are classified as Unified Partners. At the World Games level, all Unified Sports are meant to be competitive.

Unified Sports teams need to emphasize the principle of meaningful involvement which ensures every member is presented with opportunities to contribute to their team's performance. Teams should be composed of players who are of similar age and ability levels. This decreases the potential for domination by higher ability teammates. A 2015 World Games Unified Competition Protocol will identify the steps that will be taken to minimize the risk of having poor quality Unified Sports competition at the 2015 World Games.

Sport: Unified Open Water Swim

How it works: Unified Open Water Swimming combines one Special Olympics Athlete with one Unified Partner. The swimmers start and stay together as a team during the race. Awards are determined based upon the finish time of the last teammate to cross the finish line.

Role of observers: Unified Sports observers are in place to assist the Competition Management Staff and Sport Technical Delegate. Their role is to be an objective observer of the Unified Sports teams, with an emphasis on watching and noting patterns of meaningful involvement. The observers should never interfere with the competition or confront players, coaches or officials. All findings should be reported to Competition Management Staff.

Examples of Meaningful Involvement NOT being followed:

1. Teammates are not swimming together or within 10 meters of each other at all times during the race.
2. Teammates do not finish the race together or cross the finish line within 10 seconds of each other.
3. One teammate continually advances ahead and then slows down or stops to allow the other teammate to catch up.
4. One teammate slows their swim pace with breaststroke or sidestroke.
5. Swim pace is determined solely by one teammate.

What to do if you see any of the above:

- Do not approach the players, coaches or officials
- Continue to observe and determine if this is a pattern of behavior, or an isolated occurrence
- Document what you observe in the notes section below
- If you think an unfavorable pattern of behavior is identified, contact the Competition Management Staff

Important Notes:

- ✓ Player dominance and meaningful involvement may include or exclude both athletes and partners.

Player Name(s)	
Country (if known)	
Cap Color/Number	
Comments	

Player Name(s)	
Country (if known)	
Cap Color/Number	
Comments	

Player Name(s)	
Country (if known)	
Cap Color/Number	
Comments	

Contact Open water swimming

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Rules Unified Open Water Swimming

31.0 Unified Open Water Swimming

Unified Sports is conducted in accordance with three different models

- * recreation
- * player development
- * competitive

The rules outlined in this Section apply to all these models but for 31.8, which applies only to World Games.

31.1 Unified Open Water Swimming Teams shall consist of one Athlete and one Unified Partner. A Unified Coach may not participate as a Unified Partner.

31.2 The Unified Partner will be expected to have completed basic preparedness training, provided by the coach, in order to react appropriately to an unexpected and/or emergency situation in the water.

31.3 The Athlete and Unified Partner must swim within 10 meters of each other at all times during the race.

31.4 For 1,500 meter open water races, there shall be a clearly designated checkpoint one-half way through the racecourse. Each Unified Team must swim by this checkpoint together and the Unified Partner shall call out the Unified Team number to checkpoint race officials.

31.5 The Athlete and Unified Partner shall cross the finish line no more than 10 seconds apart from each other.

31.6 Awards shall be determined based upon the finish time of the last Unified Team member to cross or touch the finish line.

31.7 Unified Teams shall be subject to the Disqualification Procedures under Section 10.0 for violations of Rules 31.3, 31.4 and 31.5.

31.8 At World Games, the Unified Partner and Athlete shall be of equal open water swimming ability. At all other open water swimming practices and events, the Unified Partner shall be of equal or greater swimming ability.

