

CEREBRAL PALSY FACTSHEET

CEREBRAL PALSY SPORT

Cerebral Palsy Sport is the country's leading national disability sports charity supporting people with cerebral palsy to reach their sporting potential and putting people with cerebral palsy and their families at the heart of everything we do.

Our **vision** is to support people with cerebral palsy to reach their life potential through sport and active recreation.

Our **mission** is to improve quality of life for people with cerebral palsy and other physical disabilities through sport, physical activity and active recreation.

Our **aim** is to raise aspirations, promote inclusion and support people with cerebral palsy and other disabilities to play, participate and enjoy sport and active recreation.



WHAT IS CEREBRAL PALSY?

Cerebral palsy is an umbrella term for a number of neurological conditions that affect the development of movement, coordination and posture, causing activity limitation.



BENEFITS OF SWIMMING

There are many benefits to swimming and here are just some of the reasons swimming is great for everyone:

- Knowing how to swim can save lives
- It is a non-impact sport meaning less force on joints
- Improves endurance, muscular strength and cardio fitness
- Helps reduce stress and anxiety
- All-over body workout
- Helps keep your heart, weight and lungs healthy
- Improves flexibility, coordination, balance and posture
- Great way to make new friends

HINTS AND TIPS

- Listen to your swimmers needs.
- Swimmers with CP may tire easily and struggle with the temperature of the pool.
- Ask “how can I adapt this practice to make it inclusive?” An extra aid might be all it needs.
- Use disability swimming HUB clubs to help your swimmer.
- Set goals that are realistic and achievable.
- A lot of swimmers have a better range of movement in the water due to lack of gravity.

CEREBRAL PALSY SPORT OPPORTUNITIES

SwimStart- A workshop that provides parents, teachers, coaches and physiotherapists the basic skills required to support a swimmer with cerebral palsy in water.

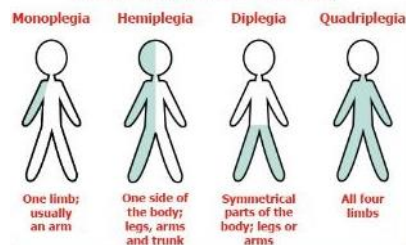
Development Galas- An introduction to competitive swimming. A swimmer can be accompanied by a parent or enabler in the water – and swimming aids are permitted.



FACTS ABOUT CEREBRAL PALSY

- 1 in 400 people are born with cerebral palsy each year.
- It is estimated that there are over 30,000 young people with cerebral palsy.
- It is the most common physical impairment in children in the developed world.
- No two people with cerebral palsy are affected in the same way.

Cerebral Palsy affects different parts of the body



National Swimming

Championships- An annual Level 3 licensed meet for club level swimmers. Classification not essential.

Cerebral Palsy Awareness

Course- provide knowledge and understanding of what Cerebral Palsy is and the opportunities within disability sport.

SwimStart DVD-

<http://www.cpsport.org/resources/resources/learning-resources/swimstart-dvd/>

