

SYDNEY

22-23 MAY 2024



TUESDAY 21 MAY 2024

IAKS ANZ ATSA Seminar

AQUATIC ACCESS FOR ALL ABILITIES

Room 3, Hall 5 Sydney Showground,
Sydney Olympic Park

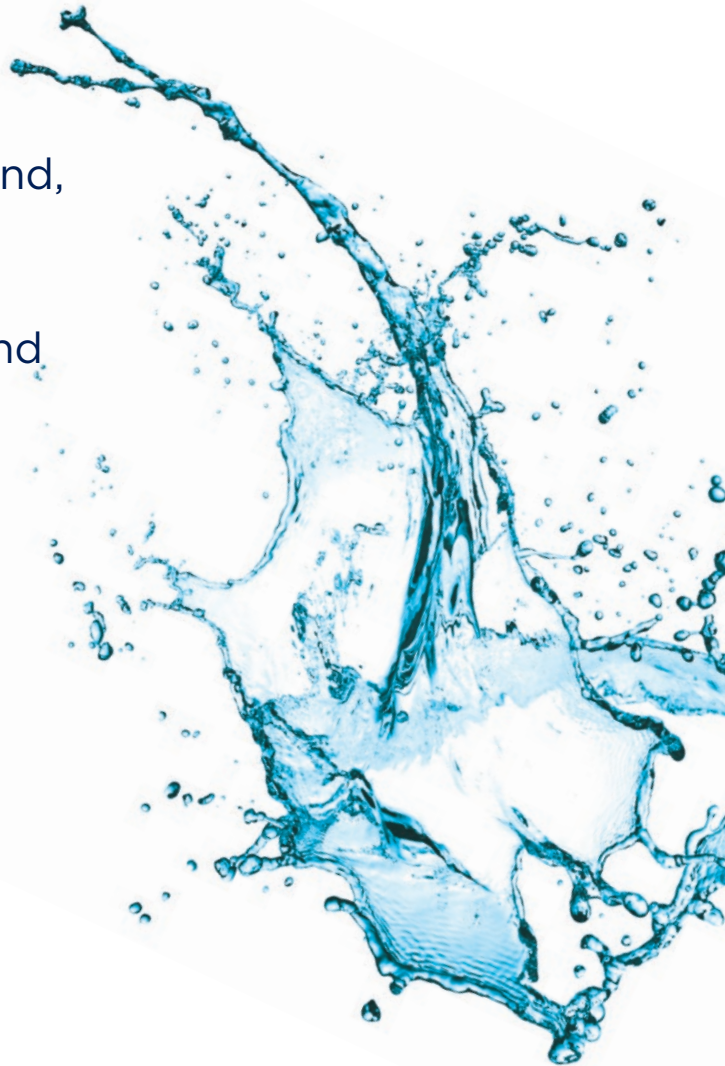
\$40 per person, includes lunch and
visit to pool for practical session.

9.00 am - 12.00pm Seminar Workshop

12.00pm - 12.40pm Lunch

12.40pm - 1.30pm Practical Session SOPAC

DETAILED PROGRAM OVER PAGE



Register at www.atsaindependentlivingexpo.com.au

Correct as at April 25, 2024 7:45 pm

TUESDAY 21 MAY 2024

IAKS ANZ ATSA Seminar

PROGRAM

**Seminar Chair: David Burns, CEO Collective Leisure,
Lead WSYD Moving, Director DB Consulting.**



**Louise Sauvage, National Coach,
Wheelchair Track and Road
NSW Institute of Sport**

9.00 – 9.20

Keynote & Welcome

- Louise Sauvage, National Coach, Wheelchair Track and Road NSW Institute of Sport
How aquatic therapy helped change my life.

9.20 – 9.40

Aquatic therapy (the Why)

- What is Aquatic Therapy
- Everyone should have the opportunity to experience Aquatic activities.
- Who benefits from Aquatic Therapy
 - Reduces weight bearing which reduces force of stress placed on the joints (especially useful for patients with arthritis, Exercise for people with hip or knee osteoarthritis, healing fractured bones, or who are overweight
 - Utilizes hydrostatic pressure to decrease swelling and improve joint position
 - Warmth of the water experience during aquatic therapy assists in relaxing muscles and vasodilates vessels, increasing blood flow to injured areas
 - General Health & Wellbeing

Speaker: Dr. Nicole Peel senior lecturer in Recreational Therapy at Western Sydney University's School of Health Sciences

9.40 – 10.00

Pool Safety (the How)

- Pre-planning of Entry / Exit (could include Assessable Facilities at Aquatic Centre, Aqua Chairs, etc)
- Safe Entry / Exit
- Safety during Aquatic activities

Speakers: Craig Slattery Aqua Access on aquatic access audits and Nat (engineer and disability design of ramps and hoists)

10.00 – 10.50

Reducing Barriers (2 x 15 minute case studies & 20 minute panel)

- Commit to change and create the right environment
- Assessing the situation
- Consulting experts
- Create a culture for everyone, to add to safety
- Removing Physical, Policy, Social, Communication Barriers

Speakers: Derek Mah, Registered Architect NBRIS, Jon Shaw, Coaching Director Swimming NSW

Speakers Panel session: Derek Mah, Jon Shaw, Dr. Nicole Peel.

10.50 – 11.10

Where to go and what's available (make it Happen)

- Pre planning phase
- Resources available
- Associations etc

Speakers: Mark Ball Regional Development Manager and Angelique Raffo Aquatic Programs and Quality Manager Rainbow Club Australia

11.10 – 11.30 - Building Clinicians Confidence (make it Happen)

- Practical assessment
- Understanding the environment
- Gain confidence
- Continuing Professional Development (CPD Points)

Speakers: Kim Old, Aqua Access

Q & A

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