MERMAIDS FOR INCLUSION

SOCIAL INCLUSION THROUGH FINSWIMMING

GROUP

LEVEL OF TRAINEES

DATE

LESSON 1
Social inclusion

LESSON GOALS

- **Define social inclusion and its relevance to swimming:** Coaches will be able to define social inclusion and explain why it is important in the context of swimming.
- **Identify barriers to social inclusion in swimming:** Coaches will be able to identify common barriers to social inclusion in swimming, such as lack of access to facilities, equipment, and coaching, as well as discrimination and stigma.
- **Reflect on personal biases and experiences with social inclusion:** Coaches will reflect on their own biases and experiences with social inclusion and exclusion in swimming, and will share their thoughts and perspectives with the group.

INCLUSION ACTIVITIES
Icebreaker Games: Start off the first practice or team meeting with some icebreaker games that encourage everyone to get to know each other. For example, you could have everyone introduce themselves and share something interesting about themselves.

STRUCTURE
1. **Definition of social inclusion**
   'social integration within a group is achieved when its members are bound together by bonds of attraction.'
2. **Importance of social inclusion:** discuss the benefits of social inclusion, such as improved health and well-being, increased productivity, and reduced social inequalities.
3. **Barriers to social inclusion:** Discuss some of the common barriers to social inclusion, such as discrimination, stereotypes, and lack of access to resources. You can also discuss how these barriers can be addressed and overcome.
4. **Strategies for promoting social inclusion:** Provide examples of strategies that can be used to promote social inclusion, such as creating inclusive policies and practices, providing education and awareness-raising, and promoting diversity and acceptance.
5. **Reflection:** Encourage participants to reflect on their own experiences with social inclusion and exclusion, and to share their thoughts and perspectives with the group.

FURTHER RESOURSES
Website: Social Inclusion through Sports (E.U.)
https://sport.ec.europa.eu/policies/sport-and-society/social-inclusion

TOOLS/ EQUIPMENT
1. Acess to Internet
2. Smart devices