

Everybody in the Pool!

Created by Connie Warasila

www.WATERinMOTION.com

water@scwfit.com

847-562-4020



Inclusive Cueing

- Create an Inclusive environment
- Serve all people
- Warm, sincere and caring instructors
- Empower all exercisers to reach unique goals



Definition

- Inclusive cueing
- Instruction delivered during exercise that offers options for individuals with varying levels of ability, fitness, interests and lifestyles.



10 Tips: #1

- Make no assumptions
- A visual assessment is limited
- Physical attributes: not indicative of fitness
- Suspend judgement



10 Tips: #2

- Be prepared early
- Talk to clients
- Be accessible



10 Tips: #3

- Welcome everyone equally
- Avoid judgements
- Respect everyone
- Eye contact and introduce yourself
- Connect new/veteran students



10 Tips: #4

- Class introduction
- Duration, movement style, format, equipment
- Any info that might affect movement
- End class with Q&A and Thanks



10 Tips: #5

- Offer variations
- Progressions/Regressions
- Even if you're not sure they are needed



10 Tips: #6

- Give permission to personalize
- Educate
- Empower



10 Tips: #7

- Use a variety of cueing techniques
- Visual/Verbal/Kindesthetic
- 3Ms
- Cue early
- Preview complex movement



10 Tips: #8

- Enthusiastically deliver cues about:
 - Body's function
 - Strength
 - Flexibility



10 Tips: #9

- Emphasize the joy of movement:
 - Avoid focusing on weight loss, appearance
 - Focus on function and skill building



10 Tips: #10

- Be flexible and smile
 - Someone might need plan B
 - Or their own thing

