



Community Action Project

Volunteer Swim Coach

Community Action Partner

Runnymede Dolphins

Aim: Runnymede Dolphins seeks to help residents of Runnymede and Woking Boroughs who have restricted mobility, to rebuild their lives. They are amputees, stroke victims, patients of hip or knee replacement operations, are blind or who have other physical disabilities such as MS, Parkinson's or arthritis. Each swimmer benefits from the water therapy, the company of others and the chance to reach personal goals.

Role: Volunteers, male and female, help members reach the changing cubicles at the Woking Pool in the Park. If necessary, they put the member's belongings into a locker, maybe transfer a member into a waterproof wheelchair or otherwise assist the member into the water. The floor of the pool gradually slopes from zero water depth to approx 5 feet, so wheelchairs can easily be wheeled in and out. When in the water, volunteers may guide members, as appropriate. There is also a Young Members' group launching which helps to rebuild youngsters lives which volunteers can get involved in.

Training: Volunteers are introduced to the members and informally supervised at all times.

Location: Woking Lagoon Pool

Times: Most Thursdays, but not during school holidays. Hours at the Woking Pool = 11 a.m. to 1:30 p.m.

CRB: A CRB disclosure is required via the Community Action office

Other: Volunteers need to be caring, preferably be fit and strong, and be cheerful.

Royal Holloway
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