



## **Swimming Ergonomic Assessment**

### 1) What is a Swimming Ergonomic Assessment?

A Swimming Ergonomic Assessment is a series of one-to-one sessions utilising advanced underwater camera technology and analysis of your body's biomechanical technique with the view to improve.

### 2) Who is a Swimming Ergonomic Assessment applicable for?

Anyone who wishes to improve their swimming stroke and efficiency is suited to this assessment such as:

- o Recreational swimmers;
- o Competitive swimmers in pool or open water events;
- o Triathletes;
- o Cyclists, runners or any other athletes wishing to develop an efficient stroke in swimming for use in cross training;
- o People who require swimming to be part of a rehabilitation program.

### 3) The stages of the assessment are as follows:

1. Initial Consultation – 45 mins: extensive in-water filming of all aspects of your stroke from above and below the water using the underwater camera (pool based) conducted by Kareena Preston and 20 mins of biomechanical neuromuscular assessment of your body and fitness goals (clinic based) conducted by Lucy Liongue. The two assessments will be scheduled at time of booking.

2. Follow Up Standard Consultation -30 mins: Review and Diagnosis

3. Practical Standard Consultation – 30 mins: Review within the Pool.



4. Review – 45 mins: Normally conducted between 2 to 3 weeks from Initial Consultation.

Following the fourth stage of the assessment, it will be prudent to establish a Review program within 1 -2 months with a view towards progress.

Note: You may book a review at any time you feel this may be necessary after from the time frame appended above.

2) Why does the Assessment require a process of sessions over time?

Swimming is a complex set of many different movement patterns. It is only possible to completely assess and correct these movement patterns over time with a period of personal practice and consolidation of information.

3) Who conducts the Swimming Ergonomic Assessment?

The Swimming Ergonomic Assessment is conducted by Kareena Preston, Perth Integrated Health Swimstrong Academy's Principal Consultant, High Performance Division and Lucy Liongue – Principal Occupational Therapist and Sports Director of Perth Integrated Health Trisports Group.

Kareena is a Silver Licence swimming consultant and trains swimmers from Beginners to State, National and International level. With over 20 years experience in coaching swimmers – both pool and open water, Kareena can identify aspects of your stroke that require correction to enable you to become a more efficient swimmer.

Lucy provides clinical treatment services for swimmers at a novice, recreational and elite level. She specialises in biomechanics of the body and the direct relationship to improving swimming performance.



For further our Principal Consultant's professional profiles please refer to our website: [www.pihc.com.au/profiles](http://www.pihc.com.au/profiles).

5) How much is it for a Swimming Ergonomic Assessment?

The Swimming Ergonomic Assessment is costed as follows:

- Initial Consultation \$130.00 plus GST
- Standard Consultation \$90.00 plus GST
- Review Consultation \$130.00 plus GST

6) What do I need to bring to the Swimming Ergonomic Assessment?

You will need the following for your initial consultation;

- Swimsuit – you need to be wearing your swimsuit at the commencement of your session. Please wear a tight fitting swim suit – no t-shirts or shorts please.
- Goggles – well fitted.
- Swim cap - A swim cap is recommended for people with long hair so there is no obstruction to the camera footage.
- Rubber fins – long or short.
- Towel and clothing for after the assessment is complete.

7) What should I expect from the Swimming Ergonomic Assessment?

When you book online you will be required to complete a Swimming Ergonomic Assessment questionnaire outlining your swimming ability and any relevant history of training, racing and any injuries or treatment you are receiving.

At Stage 1 of your assessment, you will be required to swim a number of laps. Usually no more than 100m at any one time (at a consistent, relaxed pace) is required. Generally, the entire session will require you to swim 500-1000m,



depending on your ability and how much footage is required. The assessment is not a training session so you will not be asked to swim beyond your capabilities. Each swim you perform will be broken up with a period of rest.

Stage 2 of your assessment is a dry-land viewing of the recorded camera work done in stage 1. No swimming is required.

Stage 3 is back into the water, this time to administer drills and techniques for personal practice before the final stage review session. The drills and techniques will be done with and without fins and will be personally matched to your stroke for correction. You will go away from this session with a written report to guide you through your personal practice.

Stage 4 is also in the water for further filming and review of your stroke following your personal practice.

8) Where are the assessments located?

MAFC – Melville Aquatic Fitness Centre

Marmion Street

Booragoon WA 6158

(500m West of Garden City Shopping Centre, off Riseley Street)

These appointments are available Thursdays from 4pm-7pm.

TTAC – Terry Tyzack Aquatic Centre

62 Alexander Drive

Inglewood WA 6052

(7 km north of Perth GPO, opposite Yokine Reserve)

These appointments are available Tuesdays from 9am-12noon.



### 9) Where do I report when I arrive?

#### For MAFC – Melville Aquatic Fitness Centre

Please note that all relevant pool entry fees are payable on entry to the centre and is the responsibility of the individual. Pool entry is not part of the Assessment fee.

Look for Kareena on the deck of the indoor 50m pool.

The camera will be set up next to the pool which has a bright yellow transportable case.

Swimmers need to be on deck 5 minutes prior to their designated start time, in bathers and ready to swim with cap, goggles and fins.

#### For TTAC – Terry Tyzack Aquatic Centre

Please note that all relevant pool entry fees are payable on entry to the centre and is the responsibility of the individual. Pool entry is not part of the Assessment fee.

Look for Kareena Preston on the deck of the outdoor 50m pool.

The camera will be set up next to the pool which has a bright yellow transportable case.

Swimmers need to be on deck 5 minutes prior to their designated start time, in bathers and ready to swim with cap, goggles and fins.

### 9) Cancellations and Missed Appointments

Please be informed that 24 hours notice is required if you wish to change your appointment. Please email [trisports@pihc.com.au](mailto:trisports@pihc.com.au) or call 9240 5266 to change your appointment.

Missed appointments and cancelled appointments within 24 hours of the scheduled date and time will incur a cancellation fee of the full assessment cost.



### Making an Appointment

Please call **9240 5266** if you would like to make an appointment.

Payment will be taken by credit card over the phone at the time of the booking due to the mobile nature of the consultancy. Your receipt will be emailed or mailed to you.

You will be emailed a questionnaire to complete and return 24 hours prior to your appointment by email to [trisports@pihc.com.au](mailto:trisports@pihc.com.au) or fax to 9240 1522.

If you do not have access to the internet or email please let us know and we can make alternative arrangements.

Please read the cancellation policy carefully as we need time to action your requests due to the nature of the booking system.

PLEASE NOTE: The pricing for the Swimming Ergonomic Assessment is correct at of 22<sup>nd</sup> March 2012 and can be subject to change without notice.