

UK Professional Access

# Aquatic Activity and Swimming for Health



ATACP

A FREE interactive elearning available to UK professionals and volunteers, in various settings, on when and how to promote aquatic activity, to improve health and wellbeing.



Explore the benefits of aquatic activity for health and wellbeing.



Recognise contraindications, precautions, and special considerations for aquatic activity.



Identify resources to support you to safely and confidently signpost people to aquatic activity.

**FREE  
elearn**

UK access available for NHS and non-NHS professionals and volunteers:

<https://learninghub.nhs.uk/catalogue/Aquatic-Activity-and-Swimming-for-Health>

