



Swim England

East Midlands

East Midlands Regional Updates – 10.11.2022

Interest Registers/Course Requirements

Assistant Coach/Coach courses:

https://www.surveymonkey.co.uk/r/assistantcoach_coach_requirements

Land Training (Swimming):

https://www.surveymonkey.co.uk/r/LandTraining_RegofInterest

Workshops (including Time to Listen and Team Manager):

<https://www.surveymonkey.co.uk/r/wshopinterest>

As usual the new items are shown at the top of the email with the reminders of previous information sent out below:

LAST CHANCE - Swim England's Fundraising, Sponsorship and Grant Funding Webinar

Guest speakers – Michael Mogan MBE (Swim England Head of Fundraising), Ben Harper (easyfundraising Partnership Manager).

Fundraising, Sponsorship and Grant Funding can be critical ways for many clubs to keep their heads above water and generate some additional income. It isn't however an easy source of money and will take time and effort to generate funds from these sources. The session will focus on some of the different ways clubs can fundraise, provide tips and advice on gaining sponsorship and how to successfully secure grant funding if your club is looking to run a be-spoke project. The session is particularly aimed at Club Chairs and Treasurers however is open to anyone involved in the financial running of the club. It will be delivered on Zoom and last for 90 minutes. Anyone wishing to stay on the call after the session and ask questions is invited to do so.

Taking place on Monday 14th November, this is your last chance to register for the webinar! Register here - <https://www.surveymonkey.co.uk/r/PFS9RH9>

NEW - Short Course Champs follow up

We want to say a huge thank you to everyone who made this weekend's Short Course Championships possible! Well done to all the swimmers and also the Regional Award winners who received their awards this weekend.

All results are available [here](#)

NEW - Team Manger 1 course

Our next TM1 course is taking place on the 7th December 2022 at 6pm, please click [here](#) to book your place. If the survey is showing as closed all of the spaces have now gone. We recommend you complete our [interest register](#) and we will inform you of dates once they have been arranged.

NEW - The Sports Desk - What price is sport paying in the cost of living crisis?

Don't miss the latest [#BBCSportsDesk](#) podcast which features Jane Nickerson, Swim England CEO, and Ukactive's CEO Huw Edwards talking about the impact the cost of living crisis is having on sport, swimming pools and other leisure facilities: <https://www.bbc.co.uk/sounds/play/p0dcp28q>

NEW - Introduction to Supporting Swimmers with Long Term Health Conditions

This CPD will give you an introduction to supporting swimmers with Long Term Health Conditions. Its engaging content will ensure you obtain up-to-date knowledge and aquatic adaptations around health conditions and the tools to help improve the overall experience of aquatic activity programmes.

The strength of this CPD lies in its co-production with health experts from Swim England's Swimming and Health Commission group.

Who is the CPD designed for?

Swimming teachers and assistants, coaching staff, pool operators, swim coordinators, managers, link workers, parents & carers, active partnerships health champions, school teachers and volunteers.

Delivery format

This CPD will take 4 hours.

Course content



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You will learn about:

- The nine condition categories
- Key implications for the long term health condition categories for aquatics activity
- Appropriate adaptations for the long term health condition categories for aquatics activity
- Where to access additional support and guidance
- The impact you could have on behaviour change

Next date is: 10th December 2022 click [here](#) to book your place!

PREVIOUS INFORMATION:

IMPORTANT:

Club Constitution update

At the start of the year Swim England released a new Model Constitution for Unincorporated Clubs. In the interests of good governance, we are asking clubs to update to this new model by the date of your SwimMark or Club Affiliation panel in 2023. To ensure we are able to approve your letter before your panel date please aim to submit your constitution a minimum of 3 weeks prior to your SwimMark/Club Affiliation deadline.

The process has changed slightly and going forward we request that clubs submit their constitution to eastmidland@swimming.org for approval *prior* to approval at your club AGM or SGM.

Attached is a short and simple guide to the new process. We have also attached the model constitution and the constitution guidance notes.

The Swim England Legal Team have worked hard to create the model constitution so we do ask that clubs do not alter the model unless absolutely necessary as alterations may complicate judicial processes.

Please ensure constitutions are sent a minimum of 3 weeks before you need approval.

New coaching course booking process

Following feedback received regarding awareness of Assistant Coach and Coach courses previously sent out in the weekly email and bookings collected by the Region, we have worked with the IoS to make these more visible by being directly available on the IoS website.

The previous collection route was in place to allow our clubs to access the reduced club offer rate and this is something we have retained, however the attached process is essential to receive the club offer rate.

Please make members that are looking to attend Assistant Coach and Coach courses aware of this so they do not book at the full rate price.

A number of other Regions are also having courses directly available so some members may find a course outside the Region is more suitable for them, these courses can be booked at club offer rate by following the same process as given in the document.

Attached:

- Club offer booking process – including how to redeem the SwimMark voucher for SwimMark Accredited clubs
- Company user guide – Club IoS account use
- Learner user guide
- Assistant Coach and Coach course – including new 2023 dates up to April 2023

If you have any questions please don't hesitate to ask.

New bank details

The Region has now opened up a new bank account, if there are any payment you need to make to the Region, for example a Meet Licence Levy, please pay them to the following account:

Account Name: Swim England East Midlands Ltd

Account Number: 77761068

Sort Code: 30-96-26

COMPETITION:

Masters Championships 2022



The Open Masters Championships 2022 being held on Sunday 18th December 2022 at Moorways Sports Village (Long Course) are now available for entry, all details can be found on the Championship website: [Masters Championship Entry Information](#)

Officials are required for this meet, Timekeepers and Trainee J1 more than welcome:
https://www.surveymonkey.co.uk/r/Officials_OpenMasters

East Midlands Masters Inter County Meet – Officials needed

Sunday 13th November 2022, 11am, Hucknall Leisure Centre

Timekeepers and Trainee J1 more than welcome

https://www.surveymonkey.co.uk/r/Officials_MastersIC22

FINANCE:

Regional Course Bursaries 2022

From the 1st April to the 9th December 2022 all certificates must be dated within the 3 months prior to submission. Please find attached details of the course bursaries available for SwimMark clubs 2022 which includes the link to submit applications.

New Regional CPD Bursary

The Region has extended bursaries available to a number of CPD opportunities including Swim England organised conferences and programmes such as the upcoming [Pathway Conference](#). Please find attached full details on this.

Funding

All funding opportunities can be found here: <https://www.swimming.org/eastmidland/fundingstreams/>

SWIMMARK / CLUB AFFILIATION:

SwimMark and Club Affiliation deadlines for 2023

Please see below the Regional deadline dates for clubs SwimMark to be completed

Quarter	Regional Deadline (green ticked on the portal)
1	16 th January 2023
2	17 th April 2023
3	17 th July 2023
4	16 th October 2023

Please do get in touch if you are unsure of your deadline date.

Clubs who will be retaining their affiliation and completing Club Affiliation will need to complete the 5 elements by 16th January 2023.

We would like to remind clubs who are due to complete SwimMark; both full accreditations and health checks, and Club Affiliation that you must have submitted all the required elements and had them green ticked at the time of the Regional Deadline.

If you miss the Regional deadline and are completing a full SwimMark accreditation:

- You must have completed the 5 Club Affiliation elements to remain a Swim England affiliated club.

If you miss the Regional Deadline and are completing SwimMark Health Check or Club Affiliation:

- You will no longer be an affiliated club of Swim England.

Clubs reaccrediting for SwimMark or Club affiliation in January should have received an email from Helen Bickerstaff yesterday (27.10.22). If you need any support please email [Helen](#).

Club Personnel Record/Report update

The club personnel record and report available on OMS now shows the role a members DBS was carried out as and whether the member is currently signed up to the DBS update service.

We would recommend clubs carry out a review as soon as possible to ensure no members carrying out roles such as coach, teacher (including assistants), team manager and lifeguard all have an adequate DBS check, if any member in these roles have a DBS check as a poolside helper or pool helper they should be re done as appropriate as soon as possible.

WORKSHOPS / TRAINING / FORUMS:



New Club Matters workshops

Dealing with increasing costs:

- Tuesday 15th November 2022 @ 10-11.15am (Asset owning organisations)
- Monday 21st November 2022 @ 7.30-8.15pm (Non asset owning organisations)
- Wednesday 30th November @ 7-8.15pm (Asset owning organisations)

Bookings can be made [here](#)

Raising money to sustain your organisation - Webinar

- Thursday 1st December 2022 @ 7.30-8.30pm
- Tuesday 13th December 2022 @ 12-1pm

Bookings can be made [here](#)

Volunteer experience

Post Covid-19, many organisations have struggled to attract and retain volunteers. This workshop provides some top tips on how best to recruit, recognise and retain those that support your organisation. It will also give delegates the opportunity to discuss the importance of culture and how to rethink volunteer roles.

- Monday 21st November, 6.30-8.30pm. Bookings can be made [here](#)

Upcoming Connecting with Coaches sessions

Please click on the link below to view more information on the upcoming connecting with coaches sessions: [Connecting with Coaches - Cross Discipline: 21st November](#) - How to help your athlete decompress and debrief. This is a cross discipline session that will support Coaches from across the aquatic sports from minor to major competitions and end of season support.

Club Matters open workshops programme – October 2022 to December 2022

Club Matters workshops cover a wide range of helpful topics. These free, interactive sessions are here to help community sports organisations across the country. Below is their updated programme of open virtual workshops.

Workshop topic	Date	Time	Link to book
Building Back Stronger	Tuesday 15 th November	12.30-2.30pm	Book here
Financial Sustainability	Wednesday 16 th November	6.30-8.30pm	Book here
Volunteer Experience	Monday 21 st November	6.30-8.30pm	Book here
Engaging Your Community	Wednesday 23 rd November	7-9pm	Book here
Participant Experience	Thursday 24 th November	10-12pm	Book here
A Club for Everyone	Tuesday 29 th November	7-9pm	Book here
Planning for Your Future	Friday 2 nd December	10-12pm	Book here
Developing a Marketing Strategy	Wednesday 7 th December	6.30-8.30pm	Book here
An Introduction to Legal Structures	Monday 12 th December	12-2pm	Book here

Bookings close 2 working days before the workshop

Assistant Coach and Coach Courses organised

Please see attached a list of upcoming Coaching (Level 1 and 2) Courses (across the disciplines) available for members to book onto.

Assistant Coach and Coach Course needs

While there are a number of courses which are close to the advertising stage, due to the success of the register for workshops to help establish the need within the Region we have set up the below register of members requiring a course: https://www.surveymonkey.co.uk/r/assistantcoach_coach_requirements Members on the register will be contacted as soon as a course is available to give them as much opportunity to book as possible. We will also collate numbers and locations on a regular basis and liaise with the IoS on the results of this.

Land Training (Swimming) Coach Qualification – Interest register – Coaches only



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Following the completion of the pilots early this year, we would be grateful if members interested in completing the Land Training (Swimming) Coach Qualification please complete the following interest register. We will be in touch when a date has been organised: [Interest Register](#)

Courses & CPDs available online now

Please see attached a list of upcoming regional workshops:

- Team Manager 1
- Team Manager 2
- Time To Listen – [Booking Policy](#)

If you are unable to attend our any of our current workshops please register your interest here: [Interest Register](#) and we will be in touch when new courses have been arranged.

Other Courses:

- Swim England's Welfare Officer Workshop can be booked by clicking [here](#)
- Swim England's Information Session for Chairs can be booked by clicking [here](#)
- Swim England's Club Secretary & Membership Officer workshop can be booked by clicking [here](#)
- Swim England Safeguarding courses can be booked by clicking [here](#)
- Swimming Technical Officials – Timekeeping course is now online too and can be booked onto by clicking [here](#)
- Swimming Technical Officials - Judge 1 Theory can be booked by clicking [here](#)
- Information on Teaching courses can be found by clicking [here](#)
- Information on Coaching courses can be found by clicking [here](#)

GENERAL REMINDERS:

Reducing energy costs

The rising cost of living is impacting on everyone, including clubs and groups. Sport England have recently produced some new guidance for community organisations looking to improve their energy efficiency and reduce their running costs. It sets out the steps organisations can take to do this, including:

1. Initiating action – empowering a person or working group to investigate and make recommendations.
2. Installing smart meters for energy usage – establishing benchmarks and finding the best tariffs.
3. Taking regular readings - tracking energy use against programmes of use to identify peaks and troughs.
4. Identifying high energy use items – drawing up a priority list and highlighting where reductions can generate savings.

Explore the guidance in more detail [here](#).

OMS submission deadline for 2022

The Online Membership System (OMS) will close for membership batches on Wednesday 14th December, if you have any new members or changes for your club that need to be added to OMS, you will need to do it before the deadline. After this date, you will be able to view existing members within the club but not add new members.

Nutrition guidance

Swim England are fully committed to our responsibility to protect Clean Sport. This is a reminder to all athletes, parents, coaches and clubs about our nutrition guidance which outlines our advocacy of a 'food first approach' and guidance around the use of nutritional supplements in athletes under the age of 18. Please find attached Swim England's full statement regarding nutritional supplement use in athletes under 18 years of age.

Help test Swim England's new Club Health Tracker

Swim England are seeking clubs to help with the testing phase of a new club development tool - The Club Health Tracker. The Club Health Tracker will provide clubs with the ability to benchmark themselves across six core club development areas including: coaching and teaching, financial management, pool operator relationships, governance standards, growth and volunteers. Sign up [here](#).

Inspired to Try

To coincide with the Commonwealth Games, Swim England have launched an Inspired to Try campaign to get as many people into aquatic sports as possible. If you want to try a new challenge or encourage someone to try something new, take a look at the options – Swimming, Diving, Artistic Swimming, Water Polo, Open Water, Masters, Para-Swimming: <https://discover.swimming.org/>

Being Inclusive

Being inclusive enables you to meet the needs of your participants, volunteers and communities and create an environment where everyone feels welcome. This Club Matters animation takes you through the six characteristics of inclusive organisations and helps guide you to further support:

<https://www.youtube.com/watch?v=wcYd9oB2T0o>

Diversity and Inclusion Action Plan

Swim England's Diversity and Inclusion Action Plan or 'DIAP' lays out the work that we will be doing across the areas of equality, diversity and inclusion in 2022. Whilst we await further guidance from Sport England to be published we recognise the need to communicate our plan as to how we intend to make progress in 2022. This is split into general or 'core' work in this area and then the 3 areas of 'Disability', 'Race & Ethnicity' and 'LGBTQ+'. Please find attached more details, along with the England Swims survey.

To keep up to date with all the latest information from Swim England East Midlands please follow our social media pages

Instagram: [@swim_east_midlands](https://www.instagram.com/swim_east_midlands)

Twitter: [@SwimEngland_EM](https://twitter.com/SwimEngland_EM)

Facebook: [@SwimEastMidlands](https://www.facebook.com/SwimEastMidlands)

Regional Website: <https://eastmidlandswimming.org>

Many thanks,
Fiona, Helen and Grace
Swim England East Midlands