



East Midlands Regional Updates – 09.06.2023

All regional updates and other regional information can be found on our website
www.eastmidlandswimming.org

Interest Registers/Course Requirements

Assistant Coach/Coach Courses: [Requirements register](#)

Land Training (Swimming): [Interest Register](#)

Workshops (including Time to Listen and Team Manager): [Interest Register](#)

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[Workshops, forums and CPDs](#)

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Key contacts and links

Contacts

- [Regional Welfare Officer - Ursula Beck](#)
- [Club Development Officer - Fiona Conway](#)
- [Club Development Officer - Helen Bickerstaff](#)
- [Swim England Safeguarding team](#) - Safeguarding or welfare concerns
- [Swim England DBS team](#)

Links

- [Coaching courses and club offer booking process \(all disciplines\)](#)
- [Reporting a safeguarding concern](#)
- [Swim England Safeguarding courses](#)

National and Regional Awards 2023

PART OF THE

Swim England

**National
Awards**
2023

Saturday 26 November



Regional Awards 2023

We are very pleased to announce the return of the Swim England Regional and National Awards for 2023.

The Regional Categories will be as follows:

- Swim England Sport Club of the Year (one award per aquatic discipline)
- Swim England Volunteer of the Year
- Swim England Technical Official of the Year
- Swim England Coach of the Year (one award per aquatic discipline)

National and Regional Awards 2023



Swim England

East Midlands

Regional Awards 2023

The Swim England National Awards will return to the Great Hall of the University of Birmingham on Saturday 18 November 2023.

The Swim England East Midland Regional Awards will be presented at an event in September 2023 - Date and venue TBC.

Your nominations will be sent to our regional selection team and then winners from each category will be sent to the National team.

We are very proud to say that in the past we have had a number of regional winners who have gone on to win nationally.

This is a great opportunity to recognise the invaluable work and successes of our Volunteers, Officials, Coaches and Clubs - we would urge you to nominate anyone who you feel is deserving of recognition.

For more information about the categories, including criteria, please [click here](#).

Nominate here!

The nomination deadline is Sunday the 2nd of July 2023



Swim England Open Water National Masters Championships 2023 - entries now open

Thrybergh Country Park - 30th July 2023 - Entries Close: 12 noon, 5 July 2023
The Entry Pack: is now published on the [Competitor Information page](#) of the event website. The published documents will outline all competition requirements and any new information/instructions, please read this carefully. New, for 2023 are the Relay events and instructions on how to enter team/s are detailed in the Entry Pack.

Foundations of Inclusivity CPD - free until Sunday; book now!

As part of UK Coaching Week, the IoS are offering the Foundations of Inclusivity eLearning CPD for FREE until the 11th of June 2023.

The aim of this eLearning CPD is to provide individuals with the foundations of inclusivity to enable a change in mindset by adopting the social approach of inclusion in a range of environments. It will introduce equality, diversity and inclusion, covering the approach to inclusion, the use of appropriate language and the importance of adaptation.

Please note that from November it will be a SwimMark requirement for a Club Chair, Welfare Officer or Inclusivity and Diversity Officer to have completed this CPD.

[Click here to book now](#)

Midlands Masters Inter-Counties

Following feedback provided from the Masters community, both the Swim England East Midlands and the West Midlands Regional Boards have discussed and agreed to run the Masters Intercounties as a joint Midlands competition, to include all 9 counties.

The event has been booked for **Sunday 12th November** and will be hosted at Moorways Sports Village and Water Park, Derby with an 11:30am warm up. This event is Short Course with the remainder of the pool being used for continuous warm up and swim down throughout the competition. Further information will be released in due course; including conditions and team submission dates.

We would love to hear from anyone interested in supporting the event by volunteering, please contact us at midlands@swimming.org for more details.



New Club Offer Booking Process

The new booking process for club offer price spaces will start from 5th June 2023. This process will allow clubs to use their club account to book spaces directly at the club offer price, the details of this are attached as it is important clubs have their club account in place to access the discounted rates. Please note members or clubs booking direct via the IoS website and not via their club account will be booking full price spaces. The current process that will be in place until the 5th June 2023 is available here: <https://eastmidlandswimming.org/volunteers/coach-education/> this page will be updated with the new guidance document on the 5th of June.

Open Water Cut-off Times

The Regional Open Water Championships cut off times have been amended. [Please click here for more details.](#) Entry links are within the conditions. The closing date for entries is the 13th of June 2023

Connecting with Coaches - Multi-discipline

The next multi-discipline Connecting with Coaches will be on eating disorders. The session will be facilitated by Laura Salmon, Lead Performance Nutritionist and HCPC Registered Dietitian with athlete insight from Olympic medallist, Cassie Patten.

Dates:

- Wednesday 12 July, 1pm - 3pm
- Wednesday 12 July, 6pm - 8pm

To book on, [please click here](#)

Swimming -specific Connecting with Coaches

Technical workshop for swimming coaches with Kevin Renshaw, discussing preparation for the Benchmark meet and Tapering.

£5 or free for Coach Plus members

Thursday 20 June, 10am - 12pm

Please [click here](#) to book on

Good Governance Chairs and Welfare Officers workshops

We have been made aware that from November 2023 it will be a mandatory requirement for all Club Chairs and Welfare Officers to have attended their relevant Good Governance Workshop. These **free** workshops are run for all roles every month. For more details please go to our [workshops page](#). The requirement for Masters clubs will only be for a Chair's attendance, not welfare officers.



Swim England Open Water Age Group Championships 2023 - Entries now open

Pool based entries are now open for the Open Water Age Group Championships. The competition will take place on 29 July 2023 at Thrybergh Country Park.

The closing date for entries is the 1st of July. [Click here](#) for more information.

East Midlands Festival of Swimming - 22nd/23rd July

The 2023 East Midlands Festival of Swimming will be held at Moorways Pool, Derby on the 22nd and 23rd of July. Full information along with entry information is available on the [East Midland Regional Championships website](#).

If you would like to sign up to volunteer, [please click here](#).

If you would like to sign up to officiate, [please click here](#).

Travel expenses and refreshments are provided for volunteers and officials. If you have a swimmer, we will ensure someone relieves you of your post during their swim so you are able to watch.

Para-Swimming Officiating CPD

via Zoom.

Mon 12 June 7pm – 8:30pm

Wed 14 June 7pm – 8:30pm

Tues 20 June 7pm – 8:30pm

Thurs 22 June 7pm – 8:30pm

Sign up at <https://www.surveymonkey.co.uk/r/CMYXMDD>

SwimMark and Club Affiliation

In order to support clubs in completing the information required for their SwimMark and Club Affiliation renewals two workshops are being delivered online by the Swim England National team.

Dates are as follows;

- 26th July
- 14th August.

To register please use this link: <https://www.surveymonkey.co.uk/r/SMandCA>

If you would like any specific support with your own club SwimMark submissions please do contact Helen - Helen.bickerstaff@swimming.org to chat via email, phone, zoom or at a face to face meeting.



Important change to safeguarding training requirements.

From 1st of January 2024, the Swim England Safeguarding CPD will be the only acceptable training for those working or volunteering within our clubs, counties and regions.

All current approved training will be valid until it expires.

Training is a mandatory requirement for coaches, teachers and all volunteer roles who require a DBS and must be renewed every 3 years.

This update also addresses a gap in the national governing bodies training policy to cover 16 and 17 year olds who are in a 'Position of Trust'. From the start of next year, Swim England Safeguarding Training will be required for those in this age group that are in coaching or teaching roles and are delivering a Swim England recognised activity.

Supervision ratios

Swim England have published a [new policy](#) regarding the supervision ratios for clubs within aquatics.

Previously, the guidance was in Wavepower and within Swim England's Team Manager training, however, as part of our commitment to providing a safe environment for all members, a new policy is being introduced. The policy along with the accompanying FAQs are available via the following link: <https://www.swimming.org/swimengland/swim-england-relases-supervision-ratios-policy/>

Good governance reminder

We have recently been made aware of issues within clubs relating to volunteers not being members, and also regarding AGMs being run incorrectly.

A reminder to all clubs:

- Any and all persons helping within the club (in a paid or voluntary role) must be a club and hence Swim England member.
- At club AGMs or SGMs the only persons allowed to vote or be heard are "paid up members who have reached their 16th birthday" – please note parents do not have a right to speak or vote on behalf of their children unless they are paid members in their own right. Some clubs have implemented the following clause in their constitution to address this: [For every family with one or more children under the age of 18 a minimum of one parent or guardian must be a member of the Club and all relevant fees paid]
- Please could we encourage and remind clubs to consult their constitution (particularly sections 9-12 for unincorporated clubs) prior to their AGM in order to ensure it is run correctly.



Regional Workshops

For details of upcoming Team Manager workshops please [click here](#).

For Time to Listen courses [please click here](#).

National Workshops/CPDs

Club Secretary & Membership Officer workshop



28th June
24th July
13th September

[Click here to register](#)

Club Chair workshop*



12th June
31st July
6th September

[Click here to register](#)

Club Welfare Officer workshop*



21st June
26th July
4th September

[Click here to register](#)

***Please note: from November it will be a mandatory requirement for all Chairs and Welfare officers to have attended a workshop for their role.**



[Swim England Child Safeguarding - online course](#)

[Swim England Safeguarding refresher course - \(NEW\) - only for those who have previously attended the SE Safeguarding online course](#)

National Chairs Forums

Monday 17 July, 6pm

Wednesday 20th September 6pm

If you are a club chair and would like to join register, please email Clubdevelopment@swimming.org

New National Welfare Forum

Swim England will be hosting a new National Welfare forum. The forum will enable important updates to be shared and will act as an opportunity for all Welfare Officers - and others involved in supporting Welfare and Safeguarding concerns - to come together to share good practice and seek support for issues raised.

The forums will take place on a bi-monthly basis.

The next dates are the 26th of June and 30th of August.

Please [click here](#) to register.



Regional Open Water Competition 2023

We are pleased to confirm that our 2023 Regional Open Water competition will take place at Lake 86, Cotswolds Water Park on the 25th of June.

Conditions including entry links can be found here:

<https://swimming.box.com/v/EMWMSW-OpenWater2023>

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