



## East Midlands Regional Updates – 16.01.2025

All regional updates and other regional information can be found on our website  
[www.eastmidlandswimming.org](http://www.eastmidlandswimming.org)

### Interest Registers/Course Requirements

Do you need a course or workshop? Let us know below!

Assistant Coach/Coach Courses: [Register](#) currently being updated.

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

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

### Key contacts and links

#### Contacts

- [Regional Welfare Officer - Ursula Beck](#)
- [Regional Manager - Fiona Conway](#)
- [Club Development Officer - Helen Bickerstaff](#)
- [Sport Development & Events Officer- Matthew McNicholas](#)
- [Regional Administrator - Melissa Lock](#)
- [Swim England Safeguarding team](#)
- [Swim England DBS team](#)

#### Links

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

# New Updates

## **Regional Long Course Championships 2025**

Regional Long Course 2025 consideration times, schedule, and conditions are now available on the Championships website. Click [here](#).



## Swim England Coaching Policy.

<https://www.swimming.org/swimengland/coaching-teaching-policy-for-clubs/>

We have recently had a few questions regarding the Swim England coaching policy and just wanted to provide a gentle reminder to clubs.

“For club coaching and training sessions, Swim England expects that there is at least one active Coach / Level 2 equivalent as a minimum on poolside who is responsible for the activities taking place... Having one Swim England Coach / Level 2 equivalent for all sessions is viewed as a minimum expectation. There may be activities that require higher level coaches or more than one coach at the session. In this instance, the club must ensure that the appropriate number and quality of coaches are present for the activity being undertaken.”

There has recently been some confusion as to whether level 1/assistant coaches can take sessions, provided the session is written by a level 2 coach. To clarify: An assistant coach can cover a session in exceptional circumstances but the club must conduct a risk assessment to determine the level of competency and qualifications for those supervising the session. This should also include safety cover in place for the coach during the session. This should be used in exceptional circumstances only. Sessions should not be planned with the expectation that only an assistant will be in attendance – i.e. holiday cover would not count as an exceptional circumstance.

A Level 2 Teacher may be appropriate to independently lead a club session but must deliver within the scope of their qualification. A level 2 teacher would have the skills and knowledge to deliver sessions based around stroke and skill development. A teacher would not be an appropriate qualification to cover county level swimming sessions and above. The exception to this would be the delivering of specific skills sessions.

Does our club need a coach if we are an Adult only club?

For non-competitive, adult only clubs that turn up and play / swim socially on a weekly basis, a robust risk assessment should be in place to mitigate the need for a Level 2 coach or teacher leading the session. It is vital that the club assesses the risk posed by this situation and adheres to the safety cover supervision requirement of the venue being used. Failure to do this may mean the club insurance could be invalid. Clubs or teams who swim / play more than once a week and take part in regular competitions will not be seen as a social activity and therefore the coaching policy requiring a Level 2 coach or teacher on poolside should be adhered to for all sessions.

Can I coach the session from within the pool?

No, the coach should remain on the poolside at all times when coaching a session.

Please note, not adhering to the Swim England Coaching Policy would invalidate your Swim England insurance.

If you are unsure about anything relating to the policy, please contact [eastmidland@Swimming.org](mailto:eastmidland@Swimming.org), or [clubdevelopment@swimming.org](mailto:clubdevelopment@swimming.org)

## Artistic Swimming Judge 2 Course

Swim England will be running an online Artistic Swimming Judge 2 course on 30 Jan and 4 Feb 2025 both evenings from 6-9pm. Candidates should have been active as a Judge 1 for in excess of a year. (i.e. have been qualified for over a year and judged at least twice in the last 12 months). Candidates should complete the form on the link below to express interest. <https://forms.office.com/Pages/ResponsePage.aspx?id=tsc5zvJH80iVhghoFsFqAzPGULkfOAtLjm5WuSZi3LhUMFBKS1VYSVExTFY0TUpZQUQzMzVER1JJVS4u>

## Welfare Officer Training (Time to Listen) - New Courses

Please be aware we are currently having issues updating the website webpages, therefore until this issue is resolved please see new TTL course dates here: <https://eastmidlandswimming.org/new-time-to-listen-workshop-dates/>



Team Manager workshops

Time to Listen

Foundations of Inclusivity

Competitive Starts



## **Good Governance Workshops - Mandatory for Chairs and Welfare Officers**

Club Chairs Workshop

Club Welfare Officer Workshop

Club Secretary/Membership Officer Workshop

## **Safeguarding**

Swim England Safeguarding Course

Swim England Safeguarding Refresher

*Only for those who have completed the full Swim England course in the last 3 years*



## **Forums**

Welfare Officers Forum

Chairs Forum

### Course booking reminder - 4 ways to save money!:

1. Ensure you use the [club offer booking process](#) - this heavily discounts the price:

Level 1 Coaching course reduced from £375 to £221.25 (41% discount)

Level 2 Coaching course reduced from £660 to £455.40 (31% discount)

2. If you are a SwimMark club then each year (in line with your reaccreditation date) you will have a £100 IoS voucher which can be used for courses or CPDs.

3. After the member has completed the course and received their certificate, the club can claim a [regional bursary](#) (criteria dependent) of £50 towards assistant coach courses, or £100 towards coach.

4. After the course is completed and certificated, look into the [county bursary funding](#) available.

# Assistant Coach & Coach Courses

## Club Offer Booking Process

The club offer booking process information can be found here:

<https://eastmidlandswimming.org/volunteers/coach-education/>

We would encourage all clubs and members to use this process and use the links below for course information.

Course	Course Start date	Course venue	Course link
<a href="#"><u>Swim England Assistant Swimming Coach - Blended Learning</u></a>	1st February 2025	Braunstone Leisure Centre	<a href="https://www.swimming.org/ios/course/12245">https://www.swimming.org/ios/course/12245</a>
<a href="#"><u>Swim England Land Based Coach</u></a>	10th February 2025	Meridian Leisure Centre	<a href="https://www.swimming.org/ios/course/12812">https://www.swimming.org/ios/course/12812</a>
<a href="#"><u>Swim England Land Based Coach</u></a>	15th February 2025	Braunstone Leisure Centre	<a href="https://www.swimming.org/ios/course/12960">https://www.swimming.org/ios/course/12960</a>
<a href="#"><u>Swim England Assistant Swimming Coach - Blended Learning</u></a>	17th February 2025	Meridian Leisure Centre	<a href="https://www.swimming.org/ios/course/12308">https://www.swimming.org/ios/course/12308</a>
<a href="#"><u>Swim England Assistant Swimming Coach - Blended Learning</u></a>	25th February 2025	The Castle Rock School	<a href="https://www.swimming.org/ios/course/12359">https://www.swimming.org/ios/course/12359</a>
<a href="#"><u>Swim England Water Polo Coach - Blended Learning</u></a>	4th March 2025	Hucknall Leisure Centre	<a href="https://www.swimming.org/ios/course/12845">https://www.swimming.org/ios/course/12845</a>
<a href="#"><u>Swim England Assistant Swimming Coach - Blended Learning</u></a>	3rd April 2025	Hucknall Leisure Centre	<a href="https://www.swimming.org/ios/course/12326">https://www.swimming.org/ios/course/12326</a>
<a href="#"><u>Swim England Swimming Coach - Blended Learning</u></a>	3rd April 2025	Lutterworth Leisure Centre	<a href="https://www.swimming.org/ios/course/13321">https://www.swimming.org/ios/course/13321</a>
<a href="#"><u>Swim England Swimming Coach - Blended Learning</u></a>	4th April 2025	Lammas Leisure Centre	<a href="https://www.swimming.org/ios/course/12225">https://www.swimming.org/ios/course/12225</a>



# Officials and Event Volunteer Opportunities



*National call for Technical Officials for all sports*

Swim England are looking for more technical officials to participate across our sports. If you already have an officiating qualification, apply here:

[https://eastmidlandswimming.org/?ff\\_landing=18](https://eastmidlandswimming.org/?ff_landing=18)

**To add opportunities to this page please submit the details [here](#)**

Date	Location	Event	Official Sign Up	Volunteer Sign Up
15th and 16th March 2025	Harvey Hadden Sports Village	<a href="#">Ernehale Open Meet 2025</a>	<a href="https://www.swim-meet.com/OfficialsSignup/Arnold/">https://www.swim-meet.com/OfficialsSignup/Arnold/</a>	<a href="https://www.swim-meet.com/OfficialsSignup/Arnold/">https://www.swim-meet.com/OfficialsSignup/Arnold/</a>