



## East Midlands Regional Updates – 23.01.2025

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

## **OMS administrators (deputies)**

Clubs can now have an unlimited number of deputy administrators on the Online Membership System. Members being added into this role still need to appear within the Governance section of the Club Personnel Report in order to be added as a deputy.

## **Club Personnel Report – Governance Roles**

'Committee Member' - paid or voluntary role is now available on OMS. This may help club officers when listing their committee members rather than having to select 'other' and type in Committee member, also making the personnel report easier to read. The 'other' option is still available if clubs would like to specify.

## **Masters Club and Section DBS and Safeguarding Requirements -**

A reminder to Masters clubs, and those clubs with Masters sections, last year Swim England updated the requirements for Masters clubs, particularly regarding Welfare Officers, DBS checks and Safeguarding training. As of the 1st of August 2024, all Masters clubs should have a Welfare Officer in place and all Masters coaches, teachers and welfare officers should now have a basic DBS check, and have attended Swim England safeguarding training. For full details of Masters club/section requirements, please click [here](#). We appreciate that the DBS requirement comes with an additional cost, which volunteers within non-masters clubs do not have to pay, so in the interests of equality and fairness, as a region we have agreed to reimburse the cost of DBS checks for any Masters welfare officers or volunteer coaches and teachers. For full details of this bursary, please click [here](#).

## **East Midland Forum - Supporting neuro-divergent athletes in the club environment**

Swim England's Head of Diversity and Inclusion, Mike Hawkes, will be leading a forum on supporting neuro-divergent athletes in the club environment. This will include discussion on managing challenging behaviour. This forum will be open to all but we would suggest it might be most relevant to Chairs, Coaches and Welfare Officers. There will be the opportunity for questions and open discussion.

This online forum will be held on Tuesday the 4th of March at 6.30pm via Teams.

To sign up for this forum please click here: [https://eastmidlandswimming.org/?ff\\_landing=49](https://eastmidlandswimming.org/?ff_landing=49)

## **Regional Course Bursaries**

The information for the 2025 bursaries has been updated on the bursaries and funding webpage <https://eastmidlandswimming.org/clubs/bursariesandfunding/>

# New Updates

## **Distance Time Trial 2025**

Entries are now open for the Distance Time Trial on Sunday 13th April at Loughborough University - entry link can be found in the conditions document. Click [here](#).

## **Co-Creation of the Future of Coaching - Surveys**

Swim England is consulting with coaches, participants, parents and clubs on a new strategy to be published later this year.

The Co-Creation of the Future of Coaching is an exciting opportunity to help shape the future of aquatic coaching and your insights and experiences are crucial to this process.

It aims to redefine the purpose of coaching, highlighting best practices, and build a more supportive, inclusive and collaborative coaching culture.

Surveys are being sent on a staggered approach over the next few weeks.

We would encourage you all to take a few minutes to complete the survey as your feedback will help create better experiences for coaches, participants and clubs, ensuring people flourish and thrive in aquatics.

If you haven't yet received an email with the survey by 15 February, or you have any questions around the new strategy, please email [coaching@swimming.org](mailto:coaching@swimming.org)

## **Co-Creation of the Future of Coaching - Workshops**

Face-to-face workshops are being run by Swim England for coaches to attend and will be held across the country during March, with the sessions taking place at two times – 1.30pm to 4pm and 5.30pm to 8pm – at each venue. Coaches can attend any venue they do not need to attend within Region.

The details are:

North East - Wednesday 5 March: Days Inn by Wyndham Wetherby, Junction 46 A1 M Kirk Deighton, Wetherby, West Yorkshire, United Kingdom LS22

North West - Thursday 6 March: Macdonald Hotel and Resorts, The Tickled Trout, Preston New Road, Samlesbury, Preston PR5 0UJ

East Midlands - Wednesday 12 March: Pitch and Pool Room, SportPark, 3 Oakwood Drive, Loughborough University LE11 3QF

West Midlands - Thursday 13 March: Mercure Birmingham West Hotel, Birmingham Road, M5 Jct 1, West Bromwich, B70 6TU

London - Wednesday 19 March: Hyatt Regency, Hyatt House London Stratford, 10A Chestnut Plaza, Montfichet Road, Westfield, Stratford City, London E20 1GL

East - Thursday 20 March: Holiday Inn Lakeview, Bridge Rd, Impington, Cambridge CB24 9PH

South West - Wednesday 26 March: Holiday Inn, Deane Gate Ave, Taunton TA1 2UA

South East - Thursday 27 March: Holiday Inn, Egerton Rd, Guildford GU2 7XZ

The workshops will run alongside the surveys and discussions will be held around some of the points raised, based on analysis of the data. Ideas and opinions from all attendees will be taken on board and used to help form the Co-creation of the Future of Coaching.

The link for coaches to book a space on any of the workshops is:

<https://forms.swimming.org/coach-strategy-workshop/>



## 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=tsc5zVjH80iVhqhoFsFqAzPGULkfOAtLjm5WuSZi3LhUMFBKS1VYSVExTFY0TUpZQUQzMzVER1JJVS4u>

## Regional Long Course Championships 2025

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



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:

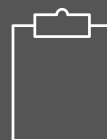
<https://eastmidlandswimming.org/volunteers/coach-education/>

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
<u>Swim England Assistant Swimming Coach - Blended Learning</u>	1st February 2025	Braunstone Leisure Centre	<a href="https://www.swimming.org/ios/course/12245">https://www.swimming.org/ios/course/12245</a>
<u>Swim England Land Based Coach</u>	10th February 2025	Meridian Leisure Centre	<a href="https://www.swimming.org/ios/course/12812">https://www.swimming.org/ios/course/12812</a>
<u>Swim England Land Based Coach</u>	15th February 2025	Braunstone Leisure Centre	<a href="https://www.swimming.org/ios/course/12960">https://www.swimming.org/ios/course/12960</a>
<u>Swim England Assistant Swimming Coach - Blended Learning</u>	17th February 2025	Meridian Leisure Centre	<a href="https://www.swimming.org/ios/course/12308">https://www.swimming.org/ios/course/12308</a>
<u>Swim England Assistant Swimming Coach - Blended Learning</u>	25th February 2025	The Castle Rock School	<a href="https://www.swimming.org/ios/course/12359">https://www.swimming.org/ios/course/12359</a>
<u>Swim England Water Polo Coach - Blended Learning</u>	4th March 2025	Hucknall Leisure Centre	<a href="https://www.swimming.org/ios/course/12845">https://www.swimming.org/ios/course/12845</a>
<u>Swim England Assistant Artistic Swimming Coach</u>	6th March 2025	The Queen's Diamond Jubilee Centre	<a href="https://www.swimming.org/ios/course/13198">https://www.swimming.org/ios/course/13198</a>
<u>Swim England Assistant Swimming Coach - Blended Learning</u>	3rd April 2025	Hucknall Leisure Centre	<a href="https://www.swimming.org/ios/course/12326">https://www.swimming.org/ios/course/12326</a>
<u>Swim England Swimming Coach - Blended Learning</u>	3rd April 2025	Lutterworth Leisure Centre	<a href="https://www.swimming.org/ios/course/13321">https://www.swimming.org/ios/course/13321</a>
<u>Swim England Swimming Coach - Blended Learning</u>	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>