



Swim England

East Midlands

Swim England East Midlands Ltd

Account Number: 77761068

Sort Code: 30-96-26

East Midlands Regional Updates – 20.11.2025

All regional updates and other regional information can be found on our website
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: [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

Club Health Tracker

Hopefully all clubs have received an email from Swim England containing log in details, this will have been back in June, if you haven't received these details please contact clubdevelopment@swimming.org who will be able to send these through. There will be a log in per sport the club delivers.

The Health Tracker responses allow the regional team, and various national teams to reach out and support clubs with any challenges or areas for potential development and growth. It also allows us to gain regional and national insight into the experiences of clubs, flagging up patterns and trends and helping us to determine common themes amongst clubs - this in turn helps shape our strategic priorities. The Health Tracker is such a valuable and important tool for clubs and the region alike, that we are offering a bursary payment of £81 (equivalent to 3 safeguarding courses but it can be used as the club sees fit) for all clubs who complete the tracker. If you have completed the Health Tracker and would like to claim the £81, please follow this link: https://eastmidlandswimming.org/?ff_landing=75

Please note the bursary form will close on Sunday 14th December 2025.

Shape the future of competitions - Have your say

The shape the future of competition survey was circulated to all members last week, we would encourage all to complete this. The survey will close on 3rd December, please note this is a national Swim England survey.

<https://www.swimming.org/swimengland/shape-future-competitions-say/>



DBS and Safeguarding

A reminder to all clubs: please ensure you are checking your personnel reports on a monthly basis for any expired, missing or soon to expire DBS checks or safeguarding requirements.

For any role requiring DBS or Safeguarding, these must be in place prior to the role being undertaken.

DBS

DBS checks can be re-applied for prior to expiry so the Swim England DBS team recommend you begin the application process a month before expiry. Please note that the DBS check required for a poolside helper role is at a lower level (without barred list check) than that required for all other roles so if a member has gone from a poolside helper role, into the role of team manager, coach, teacher etc. they will require a new DBS check.

Safeguarding

As of January 2024 the only accepted safeguarding courses are the **Swim England safeguarding in aquatics course**, and **Swim England safeguarding refresher**. The Swim England safeguarding course must be completed first, and 3 years later the refresher can be completed. This is a 6 year cycle so once the refresher expires the full course must be undertaken again. The refresher cannot be taken to if the last course you took was not the Swim England full course.

We have had a number of incidences lately where clubs have been denied an international permit as their coach or team manager has only completed the refresher course, not the full course.



Do you have Coaches interested in Land Training?

We're excited to be planning our 2026 programme and are looking for clubs to host our Land Training course. The Swim England Land Based Coach Certificate equips coaches with the knowledge, understanding, and practical skills needed to deliver effective land-based training across all aquatic disciplines.

Hosting a course is a fantastic opportunity for your club to:

- Support the development of your own coaches
- Bring training opportunities closer to home
- Contribute to raising coaching standards in your region

If your club would like to host a course, please contact Abi Jones at ioscourses@swimming.org

Welfare Officers Web-page

A new webpage has been created for welfare officers:

<https://www.swimming.org/swimengland/welfare-officers-toolkit/>

This page has been created to support Welfare Officers involved in aquatics to provide essential resources, guidance, and support for the role.



AGMs

A reminder to all clubs that AGMs should be run in line with your club constitution. Please ensure you check your constitution for all deadlines; i.e. what information should be sent out by which date. Please also ensure you are appointing the correct number of committee members, as stated in your constitution.

For an AGM template please [click here](#).

Points to note:

- You must elect an independent financial examiner each year at your AGM
- Your AGM must include a report from the Chairperson
- Your AGM must include "the accounts of the Club for the previous year and the report on the accounts of the independent examiner and the Treasurer's report as to the financial position of the Club"
- Only paid up members who have reached their 16th birthday shall be entitled to be heard and to vote.



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.